Daily Magazine Page for Everybody

Secrets of Health and Happiness

Why Your Skin's Ability to Tan Proves Your Well-Being

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



despite sunshine and shadow, heat and cold, wind and weather, remains "as white as a sheet."

Answers to Health Questions white as a sheet."

white as a sheet."

In the mountains, at the seashore, and wherever the sun shines strongly, with seldom a cloud to mar its rays, advantage is taken of this fact to use its radiant effects to increase human health and to destroy bacteria. The unseen vibrations and radiations from the sun, not the wonderful shaft of its rays, are the parts which destroy disease germs and electrify living tissues of animals and plants. In the Alps, around Geneva, Switzeriand, Dr. L. Jeanneret and F. Messerli have devoted particular attention and study to this treatment, called helio-therapy, from the Greek words, hellos, the sun, and therapis, treatment.

Tests That Tell.

Tanning of the skin or pigmentation—coloration—was discovered by these investigators to be an index of the powers of recovery and resistance to disease. Those who tan easily and deeply appear to be in better physical condition than those who burn red and do not tan at all.

At a mountain sanatorium they investigated three groups of children.

or how effectively you will fight maladies, such as tuberculosis. ight some

Sun Baths Valuable.

Premature disappearance or fading of e tan is a sign that your blood is not the enough in the red principle called moglobin—your supply of it has bent to give out. Vaseline ½ ounce lemoglobin—your supply of it has bequit to give out.

Tuberculosis is the infectious disease, above all others, evidently, which infects the individual with a virus-tuberculoin—which drags down the hemoglobin to a serious degree. The anaemia thus produced gives a waxy, sallow skin that tans, very little, if at all. The prospects of recovery and the benefits of treatments given to victims of tuberculosis is evident in the depth or absence of the tan. Other conditions of ill-health are similarly predicted.

Vaseline ½ ounce

STRANGE EYE. Q.—I am troubled with spots and hair lines floating before my eyes. Kindly advise me what causes this and please suggest a remedy.

A.—While it is possible these specks may appear before the eyes from stomach disorders, it is very unlikely. These floating before my eyes. Kindly advise me what causes this and please specks may appear before the eyes from stomach disorders, it is very unlikely. These floating before my eyes. Kindly advise me what causes this and please specks may appear before the eyes from stomach disorders, it is very unlikely. These floating before my eyes. Kindly advise me what causes this and please specks may appear before the eyes from stomach disorders, it is very unlikely. These floating before my eyes. Kindly advise me what causes this and please specks may appear before the eyes from stomach disorders, it is very unlikely. These floating before my eyes. Kindly advise me what causes this and please specks my appear before the eyes from stomach and the benefits of treatments are mendy.

A.—While it is possible these specks my appear before the eyes are little are inside the eyeball and are very difficult to telliminate. Sometimes anaemia and disorders in the blood or disease in general have a great deal to do with such a state of affairs. If after consult-

An albino is a person or animal without color in the fur, skin, hide, hair, eyes, or other parts of the living structure, which ordinarily are colored by nature, black brown, blue, chestnut, green, hazel, grey, or other pigment. The albinos are, therefore, characterized by mow white flesh, Circassian beauty hair, and blood frough the albino tissues.

Albinos do not sunburn, tan or "become as red as lobsters" from the heat and ultra violet rays. Unlike the average individual with colored particles called pigment in their blood, skin, hair and other structures, the albino, despite sunshine and shadow, heat and cold, wind and weather, remains "as showers to Health Questions".

Answers to Health Questions

tan at all.

At a mountain sanatorium they investigated three groups of children, numbering 200, 720 and 800, respectively. Different thits in tanning were observed and standards were thus established to correspond to degrees of health.

Tan or pigmentation, it appears, is a normal, healthy *response of living things, as a defence against chemical injury. It largely depends upon the prory. It largely depends upon the pro-ion of the red stuff called hemo-in present in the blood. If the doc-registers your amount and persons.

BLUE EYES, Q.—Will you pleas BLUE EYES. Q.—Will you please tell

he pimples about three times a week:
Sulphur loti 2½ drams
Balsam peru ½ dram
Camphor ½ dram
Green soap 1 dram
Lanella ½ ounce
Vaseline ⅓ ounce

COLLEEN'S DAY

By Early



T matters not WHERE he is-"somewhere in his colleen. Of course he thinks of her at other times, of the shamrock and the harp and of HER- Colleen's Day!

France" fighting beside his boys or our men, home but the magic of THIS day-of which we all somehow on the culd sod or here working by your side-or catch a measure of understanding-thrills him to whether the colleen of his heart is "bawn" or "rhue," SPECIAL dreaming. So here's to them both-may wherever an Irishman is on St. Patrick's Day HE'S SHE smile upon the RIGHT words he may say on

ing an oculist they do not disappear, stomach. So arrange the diet that plenty hygienic and sanitation subjects that you should try to do something that of fruits and vegetables are in it. Bran are of general interest. He cannot always undertake to prescribe or offer deal to improve the quality of the from white flour. See that the bornels ways undertake to prescribe or offer Dr. Hirshberg will answer questions for readers of this paper on medical,

Subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is in- "You must lie down, sleep if you can, closed. Address ALL INQUIRIES to Dr. L. K. Hirshberg, care of this office, front of you."

DIARY OF A FASHION MODEL

She Learns That a Tunic Frock Worn With Different Blouses May Serve Many Dress Uses,

with picot edges, which was drawn about the arm and tied in a tiny bow.

A tunic of white satin was arranged over the bodice, the edges of which were bound with a narrow fold of the material. This garment was slashed at the sides from the shoulders to the lower edge. The fulness was confined about the waistline with a girdle formed of two rows of the ribbon tied in bows at the centre front.

Tried it on to see whether it was becoming to me. It had a quaintness and the room. "I want you to make her go to sleep if you can. She has had tea, but give her hot milk or any-thing garment was slashed at the sides from the shoulders to the lower edge. The fulness was confined about the waistline with a girdle formed of two rows of the ribbon tied in bows at the centre front.

Miss Hamersley is partal to collars of the Pierrot type, so Madame had Miss Westley add a frill of Georgette about the neck of the tunio. The skirt is also of the creps. It is gathered about the top and falls in graceful folds to the ankles. Three ruffles of the same material, fulshed with picot edges, trim the bottom of the





By Generice Kemble
SUNDAY AND MONDAY.
March 17-18.

A very optimistic outlook may be read from Sunday's astrological figure. It is a good time for dealing with superiors or those in high places, likewise good for letters, papers, documents and the professions. It would not be advisable to travel or to remove. Gain is indicated through women, artistic circles, through alliances, new ventures and inspirational sources.

Those whose birthday it is should have a gratifying year, but avoid travel. A child born on this day will be popular and respected and will rise in life.

Monday should be a day of pleasant and advantageous surprises with both Venus. Saturn and Uranus in most fortunate attitude, these removing all barriers from old delays and disappointments, and promising friendly intervention by strangers, elderly persons and from women, as well as from an unusual and unlooked for source. Those whose birthday it is my expect a successful, interesting and happy year. A child born on this day will be kind, a ffectionate, artistic, accomplished and will succeed if it is taught control.

The botts, and guessed that Lillian meant to use the secret passage to the next house within the next few moments, as be took me into the big room which had once been Harry Underwood's, but which Lillian had transformed into as she took me into the big room which had once been Harry Underwood's, but which Lillian had transformed into as election of theatrical manuscripts and books, awaiting his orders. And there was no trace of the room's former master in it when Katherine and I entered it.

"You think you can't go to sleep?" the asked, in the low, soft tones which are enough in themselves to quiet any one's langled nerves. "It isn't necessary that you should sleep, I'll just get you into a dressing gown, bring you up anything you wish to eat, and then we'll have a long, cosey chat."

Wath her unerring professional intuition with meaning it at Lillian's order to sleep. But Katherine's cheery, matter-of-fact acquiexcence in mean trac

CLEAN YOUR GLOVES CLEAN

TETROL, 25c BRUCE WALLACE 419 RICHMOND STREET.

WINIFRED BLACK

Writes About Temperamental Tessie. Copyright, 1918, by Newspaper Feature Service, Inc.



Temperamental Tessie ran away the other day. Her tessie ran away the other day was and sawing away and sawing

"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win the War.

BY ALBERT BARRETT SAYRES.

Serving Cottage Cheese Loaf.

In seeking novel dishes for Meatless Day, have you given to cheese in its various forms the thought it deserves? Among tile many delicious dishes into which cheese enters—so well taking the place of meat that it may be served often on other days—is the following:

To one cupful of kidney beans add one cupful of cottage cheese, a cupful of ground peanuts, a tablespoonful of fat, a cupful of strained tomatoes. a cupful of breadcrumbs, and salt and pepper. Mix these ingredients well and form into a roll Bake this roll in a moderate oven for about 25 minutes. Serve with a white sauce into which has been mixed two tablespoonfuls of baking powder and half a teaspoonfuls of baking powder and half a teaspoonful of salt. Cut in two tablespoonfuls of salts of flour, add three teaspoonfuls of salt. Cut in two tablespoonfuls of salts of flour, add three teaspoonfuls of salt. Cut in two tablespoonfuls of salts of flour, add three teaspoonfuls of salt. Cut in two tablespoonfuls of salts of flour, add three teaspoonfuls of salt. Cut in two tablespoonfuls of salts and gradually add about one-third of a cupful of water or mouth in the sauce into which has been mixed two tablespoonfuls of baking powder and half a teaspoonfuls of baking powder and half a teaspoonful of salt. Cut in two tablespoonfuls of salts cut in two tablespoonfuls of salts of flour and with four cupfuls of the four and with four cupfuls of water or mouth and never opened.

To one cupful of rye flour, add three teaspoonfuls of baking powder and half a teaspoonful of salt. Cut in two tablespoonfuls of salts of flour and ground and prown the four and with four cupfuls of water or mouth and never opened.

To one cupful of rye flour, add three teaspoonful of salt. Cut in two tablespoonful of salts of flour and two cakes of compressed yeast softened in one cupful of salts may be served on Wheatless Day.

To one cupful of strained tomatices. A cupful of salts may be served on Wheatless Day.

To one cupful of rye flour, add three teaspoo

opportunity to reply, simply continued in a sort of monotonous monologue, until, after a deliciaus slipping away

ADELE GARRISON'S NEW

REVELATIONS OF A WIFE

How Katherine Prepared Madge for Her Ordeal.

Now I'm going to put you in Katherine's care for a while," Lillian said.

'You must lie down, sleep if you can, for you may have a strenguous time in

But my desire to talk had unaccount.

"You must lie down, sleep if you can, for you may have a strenuous time in front of you."

I was frankly puzzled. The cablegram from my father with its cipher message commanding us to deliver at once the important secret paper I carried to Allen Drake had naturally led me to expect that Lillian would have me go in search that Lillian would have me go in search in garound her mouth, Katherine began in her cars.

"Why. Cheery Cricket's song!" replied Betty, sleepily, and climbing into her mamma's lap Betty repeated the little song.

"Well, Brown Cricket is right dear," where happiness abides good luck is sure to follow."

Then she drew Betty's golden head unaccount aby lessened. A most delicious feeling of gratified indolence was enwrapping me. I was not yet drowsy, but my brain was far from being the restless active organ it had seemed to me but a few minutes before.

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The she drew Betty song!" replied was far from being the restless active organ it had seemed to me but a few minutes before.

"When a fairly and climbing into her once the little was far that Lilian would have me so in search
of him. And here she was talking of
lying down and resting.

I didn't venture to question her, but
my eyes must have spelled an interpo-

of him. And here she was teaming a low-toned account sayings of little Ma some of the humoro her standard an interre-

May Serve Many Dress Uses,

"Telephone Miss Hammersiey, Claire, and please tell her that she must come down immediately for a fitting it her frock's to be finished tomorrow," and Miss Hammersley for a fitting it her studie on her way to Miss Westley's workroom.

Miss Hammersley bet no grass grow under her feet, and was in the fitting room waiting for Madame when she appeared with Miss Westley's matter to adjust the frock. The sating the impression that it slips on over the head.

"If you want to see something really out of the usual in an all-white frock made with Miss Westley and in the frock consisted of a separate bodie and imper-like frock, made with a tunde. Miss Hammersley, who began to rave about the tunic and the old-fashioned ruffler-trimmed skirt.

I was surprised to find that the frock consisted of a separate bodie and jumper-like frock, made with a tunde. Miss Hammersley is petite but not what one might call thin, and a mode of this type is exceedingly becoming to her. Miss Hammersley is petite but not what one might call thin, and a mode of this type is exceedingly becoming to her. The set of this type is exceedingly becoming to her fill with a narrow cording of the fill with a narrow cording of th

room unguarded by some one. Her manner distinctly showed that for the time she was done with both of us, that other matters needed her urgent attention

Attention,

Katherine and I waited for no further hint, but quietly left the room, closing the door softly behind us. As we went down the hall we heard the slipping of the bolts, and guessed that Lillian meant to use the secret passage to the next house within the next few mo

ing gowms, and tucked me up on a roomy, comfortable couch.

"I'll be back in a minute," she promised, and she was almost as good as her word, bringing with her a steaming concoction of which the basis appeared to be hot milk, but that had a wonderful, elusive, spley flavor.

"What is it, Katherine?" I asked, draining the glass she gave me, after a preliminary teating sip. "It's delicious."
"One of my professional secreta," she



Fill your days with happy laughter, And good luck will follow after."

"Oh, what a pretty song!" cried

"Let's Ask Mother"

her grandmother. She gave me no opportunity to reply, simply continued in a sort of monotonous monologue, until, after a deliciaus slipping away into drowsiness, where her voice sounded miles away, I fell fast asleep.

The Origin of

Famous Sayings

Robert Charles Winthrop. 1809-1894.
Our country—whether bounded by the St. John's and the Sabine, or however otherwise bounded or described, and be the measurement more or less—still our country, to be cherished in all our hearts, to be defended by all our hands.—Toast at Faneuil Hall on the Fourth of July, 1845.

Let's A3K IVIOLIC!

"The trying to use cheaper coffee, now that everything is so high," said Cousin Raschel, "but it isn't nearly so good as the old sort."

"Mother says using things that are too cheap isn't always an economy," said Grace. "Let's ask her about the coffee."

"There are everal little ways to be economical about the coffee."

"There are everal little ways to be economical about the coffee."

"It so soak the copy isn't always an economy," and bout the coffee."

"There are everal little ways to be economical about the coffee."

"It so soak the required amount in cold water for a few minutes, then bring it to a boil, allow it to boil for just a moment, and dash a little cold water down the spout of the coffee pot to settle it. This method requires no eggs.

"If you use a tin pot, it is best to soak the coffee a while or even overnight in a granite or china dish. An aluminum pot doesn't require this precaution.

"I use a tablespoonful of coffee for

BREAKFAST The food drink

There are no points of the compass on the chart of true patriotism.—Letter to Boston Commercial Club in 1879.

"I use a tablespoonful of coffee for each cup, and one spoonful extra, measuring the coffee accurately and measuring the water too."

Made of high grade cocoa beans, skilfully blended and manufactured by a perfect mechanical process, without the use of chemicals. It is

without a fault

absolutely pure and wholesome, and its flavor is delicious, the natural flavor of the cocoa bean.

The genuine bears this trade-mark and is made only by

WALTER BAKER & CO. Limited.

Montreal, Can. Dorchester, Mass. Established 1780



TEVER in the history of this old world have the people lived under such tremendous nervous strain as to-day. Millions awake each morning in fearful dread of what the day may bring forth, and live each hour with nerves at highest tension.

While many are falling under the strain, others have found one means er another of fortifying the nervous system so as to maintain health and vigor.

The treatment most widely used is Dr. Chase's Nerve Food, popularly known as the food cure, because it

feeds the exhausted nerves and

stores up nerve force and nervous

Nothing breaks down the nervous system so quickly as worry and anxiety, and this is why so many people are suffering from nervous headaches, sciatic and neuralgic pains, nervous indigestion and general failure of the vital organs to properly perform their functions.

When you get so nervous that you do not rest and sleep well nights it is time to be alarmed, for it is very much easier to prevent nervous prostration, paralysis and locomotor ataxia than it is to cure these dreaded

After years of testing under the most severe circumstances Dr. Chase's Nerve Food stands in a class by itself as the most successful nerve restorative to be had. This is being proven every lay by new evidence. Ask your neighbors and friends about it and read the reports in this paper, from time to time, from persons who have been cured.

Dr. Chase's Nerve Food

Toronto. On every box of the genuine you will find the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author,