

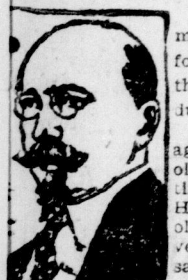
Mail Magazine Page for Everybody

Secrets of Health and Happiness

Why Age Should "Play" With Youth to Keep Young

BY DR. LEONARD KEENE HIRSBERG

A. B., M. A., M. D. (Johns Hopkins University.)



Why do so many men of middle life forget their children, their wives and their duties to society? Why do middle-aged men often grow old before their time? Prof. William Henry Pyle, psychologist of the University of Missouri, says that it is because men are too busy to play.

Hats off to the man who seeks the company of boys and girls, young men and women. He is drinking of Ponce Leon's Fountain of youth.

The play of grown-ups is not particularly different from that of children. Final spirits of play are in the adult. In the child, the expression of original impulses.

Wise Muscular Play. The muscular play of the middle-aged old person is a sort of mimicry, which echoes the activities of the young. It is the play of the childhood life of the individual.

Play, according to Prof. Pyle, is the vital of man's older self. It is the play of the childhood life of the individual. It is the play of the childhood life of the individual.

Muscular play keeps a man young. It is the play of the childhood life of the individual. It is the play of the childhood life of the individual.

Rejuvenation Possible. The social customs of the everyday week should be revived. It is no accident that the ancient Greeks, once the

greatest of all men, indulged in play and dancing. Their many festivals, carnivals and Olympic games brought all Greece together in mental and physical play. This had much to do with the glory that was Greece.

Schools, colleges and universities "universities" teach the students play and gymnastics, but the professors and graduate research workers, like the business and professional men, are often mere spectators. It is usually considered "beneath their dignity" to indulge in sports, play, dances and carnivals.

Dancing, excursions, games, long walks, swimming, gymnastics and especially drill such as must be followed in the regular army, together with frequent association with the young will rejuvenate a prematurely aged man.

Answers to Health Questions. Vemo, Q—My eyes water freely in windy and cold weather. I also have a discharge of matter from the eyes while asleep. Will you kindly advise me what causes this and how I can get relief?

A—This may be caused by a closed tear duct. You should have your eyes examined by an oculist at once.

A Daily Reader, Q—Will you please recommend a good remedy for pimples? A—Apply a little of the following to the pimples about three times a week: Sulphur lot. 1-2 dram Balsam peru 1-2 dram Camphor 1 dram Green soap 1 dram Lanolin 1-2 ounce Vaseline 1-2 ounce

Constant Reader, Q—My nose is full of blackheads. How can I get rid of them? A—Try gentle massage with a sterilized piece of absorbent cotton or chamois, followed by the application of paste made up of the following:

Sulphur earth 4 drams Vinegar 2 drams Glycerine 3 drams

Dr. Hirsberg will answer questions for readers of this page on medical, hygienic and sanitation subjects that are of general interest. It cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally. If a stamped and addressed envelope is enclosed, address all inquiries to Dr. L. K. Hirsberg, care this office.

WINIFRED BLACK

Writes About Life's "Trifles"

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Poor boy! He got a hundred miles to sea on his way to France, and he was wireless. He called him up and he came again, and he was transferred to another ship and sent back to Canada.

And now he's gone to work to support his mother. His father was supporting the family but the boy was drafted, but since then a father was injured in an accident, and there was no one left to look after her.

Mother was a woman of resources. She took the matter up with the war department, and the war department took the matter up with the wireless, and the wireless took the matter up with the wireless, and the wireless took the matter up with the wireless.

What difference do you suppose it will make with his life in the long run? He may live thirty years longer than he would have lived if he had gone on a ship. And he may be run down in an automobile or he may step off into an elevator shaft or take a chance on catching a train—or he may even come down with a case of the old-fashioned measles and be dead and buried before the wireless has had a chance to get to him.

He'll either love his job now—or he'll hate it. There'll be no middle ground.

What Changed Your Life? Either he'll get up every morning and say to himself: "Thank goodness, there's no drill today! I'll never have to say 'Sir' to the sergeant again, and I'll have my own way and live my own life, and make my own money and spend my own wages, and it's 'Good-bye, France,' and good-bye to the army." Or he will turn over in bed and look at the alarm clock and mutter: "What's the use! Same old job, every day."

"Nothing new, nothing exciting, no chance to take, no risk to run, no adventure to tell, no pretty French girls to love, no army chums to put with, nothing but humdrum, every-day work, as long as I live, with the rent man, the butcher, the grocer, and the gas man for the biggest things in my life."

"Good-bye, fun; farewell, adventure, it's me for the stupid life!" How strange it is, the way we start out, and the way we come back home! If you hadn't changed your mind, and

We Specialize

in correctly filling the recipes which appear on this page.

Cairncross' Chemists

218 Dundas St. Phone 880. "GUT PRICES EVERY DAY."

THE MEDAL

By Will Nies



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THERE are all kinds of medals being given for all sorts of brave deeds in this war—prizes for which men have laid down their lives in efforts to win and to wear. But there's ONE medal no government can give—one that each man must win for himself—it's THE medal of the war, for which smile lips that are his alone, and rough, tender, ADORING eyes that say "No" every hour until that instant when SHE gives the priceless prize of her love with the "Yes" that means more than all the earth beside.

KITCHEN ECONOMIES

BY ISOBEL BRANDS OF THE APPECROFT EXPERIMENT STATION.

How to Make a Game of Your Saving Methods.

The other day I can across a young housekeeper to whom the word "economy" at one time was as strange as a foreign language. Today, however, all is different.

She has gone in so strenuously for the patriotic idea of conservation that she couldn't help remarking to her that she didn't know where to turn for a little bit of butter. Truly, a little bird could not live on what she now wastes in her kitchen. Of bread crumbs there are none, left-overs are an unknown quantity, and there is no waste of fuel, food or furnishing so far as the eye can see.

"How on earth have you managed such an amazing reformation?" I asked her in half-jesting admiration. "Easiest thing in the world," she replied nonchalantly. "You know I don't cook for a week at a time. Now, I have taken life as an opportunity for having fun. I never had a serious thought in my mind. Even my housework, being so small, never gave me much trouble until the economy wave struck us all. For a while I was desperate. I had a dollar now how to save a cent, and how on earth I was going to save on meat, oil and coal, down to the very white bread we used, was a complete mystery to me."

"Well, how did you manage it?" I interrupted curiously.

Records To Beat. "Well, I'm coming to it. I thought I had regarded everything as a game, or as a good game, and so I was determined that I'd make saving a game. First thing I did was to buy a small book, and I started right in making out how much I paid for things—I think it's what they call a 'day book.' At the

end of each week I total up all I have spent, and I also make a record of the total amount of flour, sugar, butter and meat that I have used for that week. Then I sort of make a bet with myself that I can beat my record for the following week. I try to use less of the butter substitutes and less of the real fats and butter. I try to use baking powder or sour milk or other ingredients that can take the place of eggs when I make a cake. I try to cook the meat dishes with a bean or nut or fish basis to take the place of meat."

"You don't know what fun it is to go to my little figures for the week and to compare them with the expenditures for previous weeks. Almost invariably I beat my record on at least one item. I make a note of this, and I actually take the money I have saved in this way and put it in a little tin box."

Conserves Saving Ways. "I found out that there really isn't any fun in saving with the left hand if you spend the money with the right hand without knowing where it goes. Now, in addition to the satisfaction of helping the nation save the foods that it needs most for the folks abroad, I find that I have saved a good deal of money. I have saved a good deal of money. I have saved a good deal of money."

"There is another little record I keep which is a great satisfaction," she said. "Then she showed me a page in the back of the book, which was ruled in four columns, headed meat, fat, sugar, white flour. Underneath each column was a record of how much of each of those items she had used per week for several months previous. It was remarkable how the figures gradually de-

creased in almost every instance. In a few cases there was a decided leap upward on some of the items, but she explained that this was due to holiday entertaining, making candies to be sent with a candy donation which her club was shipping abroad.

In this case at least the incentive of a game, not only has spurred her on to keep good records, which is in itself a saving, but has taught her more about saving on special items than any amount of conversation would. Why not try the game of saving yourself?

THREE MINUTE JOURNEYS

Where "A Year of Rain" Falls in a Single Day

By Temple Manning.

One day on a steamer moving its way into port of Cairns in northern Queensland, Australia, the sky suddenly became overcast and a deluge of rain began to fall. From the port hole of the cabin I watched a stout gentleman standing in the rain smiling—smiling.

He explained his delight when at last the deluge grew so strong that it drove even him into the cabin.

He was a cattleman from the "back blocks," and the rain which was falling in such a deluge that my intelligent companion had hardly credit the evidence of my own eyes, would, he declared, make his business an assured success for the year. When it came to raining until the downpour attained the record of 26 inches of water, this gentleman's delight couldn't be expressed. "This night at dinner he bragged about 'his' climate."

"How much more in a day as it does in New York in a whole year. The average rainfall for a year in your city is only 44.5 inches. In one day—today—it has rained 26 inches. Of course, it's dry most of the year, but when it rains—boy, it rains!"

It's always a bit unkind to "hog" the other fellow's success, but I couldn't help it this time. I told him that a land where it only rained once in a while and men poured 26 inches of water in one day wasn't so much to brag about. Why in Cherapongee, in Southern Assam, it rained each year 453 inches—38 2/3 feet. What was his 26 inches in a day compared with 38 2/3 feet a year!

The Origin of Famous Sayings

John Quincy Adams, 1767-1848. In charity to all mankind, bearing no malice or ill-will to any human being, and even compassionate those who hold in bondage their fellowmen, not knowing what they do.

—Letter to A. Bronson. Truth is justice's handmaid, freedom is its child, peace is its companion, safety in its steps, victory follows in its train; it is the brightest emanation from the Gospel; it is the attribute of God. —Memoir.

ODD FACTS

The gems, ornaments and precious stones belonging to the Shah of Persia are estimated at about \$25,000,000. Over 150 licensed chemists in Petrograd have, it is reported, the equivalent of 216,000 gallons of pure alcohol since the anti-liquor edict took effect. It is asserted that the trade mainly consists of sales to persons who use these alcoholic preparations as beverages.

Being "Spic and Span" the First and Best Aid to Beauty

BY LUCREZIA BORI

The Famous Spanish Prima Donna



LUCREZIA BORI

A famous beauty was once asked to reveal the secret of her good looks. Her answer was: "I know how to arrange my hair becomingly and how to wear my clothes."

Beauty depends not so much upon perfect features as upon health, and after health, dress. It has long been demonstrated that dress is one of the most important factors in the feminine world. When a woman is well dressed, which means well groomed as well, she has made great strides along the road to beauty.

Being well dressed means not only good materials and good lines, but the adjustment of a gown, a hat or a wrap, even such small things as the adjustment of a veil or the gloves.

A milliner once said to me: "It isn't the hat alone that can make a woman look smart, it's the way she wears it."

Many well-made skirts are spoiled in their appearance because they're carelessly adjusted. It is wrong to have the skirt "dowdy" with the skirt even an eighth of an inch out of plumb. It isn't necessary to have a full-length mirror to see if your clothing is in proper shape. Still be possible to have blouses neatly adjusted and skirts on perfectly straight.

To be prim or "set" looking is unpardonable. But to be spic and span—well-groomed—is a great gain to the woman who longs to be thought good-looking.

Many defects frequently noticed in the careless woman is the adjustment of her blouse. When blouses are made to fit the figure they should be drawn down and kept in place, and when they are meant to blouse, there should be a soft fullness above the waistline, at the same time preserving a neat, trim appearance.

When you run a band of elastic about the waistline of your blouse or hold it in place by tying a piece of tape about your waist, it tends to draw your skirt down. I must also remind you to adjust your skirts properly, you who are sometimes careless and in a hurry.

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CROSS, FEVERISH CHILD IS BILIOUS OR CONSTIPATED

Look, Mother! See if tongue is coated, breath hot or stomach sour.

"California Syrup of Figs" can't harm tender stomach, liver, bowels.



Every mother realizes, after giving her children "California Syrup of Figs," that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.

When cross, feverish, breath is bad, stomach sour, look at the tongue. Mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again.

When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic—remember, a good "inside cleansing" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child to-morrow. Ask your druggist for a bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups. Beware of counterfeits sold in cheap bottles. Beware of counterfeits sold in cheap bottles. Beware of counterfeits sold in cheap bottles.

Try Making Your Own Cough Remedy You can save about \$2, and have a better remedy than the ready-made kind. Easily done.

If you combined the curative properties of every known "ready-made" cough remedy, you would hardly have in them all the curative power that lies in this simple "home-made" cough syrup which takes only a few minutes to prepare.

Get from any druggist 2 1/2 ounces of Pinex (50 cents worth), pour it into a 16-ounce bottle and fill the bottle with plain granulated sugar. The total cost is about 65 cents and gives you 16 ounces of really better cough syrup than you can buy ready-made for \$2.50. Tastes pleasant and never spoils.

Pinex gets right at the cause of cough and gives almost immediate relief. It loosens the phlegm, stops the nasty throat tickle and soothes sore, irritated membranes that line the throat, chest and bronchial tubes, and gently and easily that it is really astonishing. A day's use will usually overcome the ordinary cough and for bronchitis, croup, whooping cough and bronchial asthma, it is a sure cure.

Pinex is a most valuable concentrated compound of genuine Norway pine bark, which has been used for generations to break up severe coughs. To avoid disappointment ask your druggist for "2 1/2 ounces of Pinex" with full directions. It is a sure cure for anything else. A guarantee of absolute satisfaction or money promptly refunded, goes with this preparation. The Piper Co., Toronto, Ont.

Get the Habit of Drinking Hot Water Before Breakfast Says we can't look or feel right with the system full of poisons.

Millions of folks bathe internally now instead of loading their system with drugs. "What's an inside bath?" you say. Well, it is guaranteed to perform miracles, if you don't believe these hot water enthusiasts.

There are vast numbers of men and women who, immediately upon arising in the morning, drink glass or real hot water with a teaspoonful of limestone phosphate in it. This is a very excellent health measure. It is intended to flush the stomach, liver, kidneys and the thirty feet of intestines of the previous day's waste, sour bile and indigestible material left over in the body which, if not eliminated every day, become food for the millions of bacteria which infect the bowels, the quick result is poisons and toxins, which are then absorbed into the blood causing headache, hives, rashes, itchy skin, bad taste, cold stomach trouble, indigestion, nervousness, impure blood, and all sorts of ailments.

People who feel good one day and bad the next, but who simply cannot get feeling right, are urged to obtain a quarter-pound of limestone phosphate at the drug store. This will cost very little, but is sufficient to make anyone a real crank on the subject of internal sanitation.

Just as soap and hot water act on the skin, clinal, sweating and freshening, so limestone phosphate and hot water act on the stomach, liver, kidneys and bowels. It is vastly more important to bathe on the inside than on the outside, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

Good Night Stories

By Blanche Silver

Illustrated by Gruett

HOW YELLOW DOG BECAME A MASCOT.

"Come on, boys!" cried Bobby, "it's only a stray dog. Let's tie the tin to his tail," and he caught the poor yellow dog and tied a tin can to his tail. Jimmy and Benny came running down the street, and the three boys picked up stones to throw at the dog to make him run. But the dog didn't run fast.

"See him silver!" shouted Jimmy. "I guess you'd better, too, if it was you!" exclaimed Squeedee, who tumbled out of Malakobedee Land right in front of the boys. "How would you like to be mistreated like that?"

"He's only a stray dog. Don't belong to anyone," said Bob. "All the more pity," replied Squeedee. "Just because he hasn't anyone to help him is no reason he should be teased, and he united the girls and threw the tin can away."

"We just did it for fun," said Jimmy. "You think it's funny to see him with a tin can tied to his tail?" asked Squeedee. The boys hung their heads.

TOMORROW'S HOROSCOPE (By Genevieve Kenble) THURSDAY, JAN. 24. This promises to be a day of uncertainty and doubt owing to contradictory planetary positions. Mercury and Mars are sorely afflicted by lunar transit, emphasizing qualities making for self-undoing and defeat—carelessness, impulsiveness, argumentative, quarrelsomeness, even ebullience and unscrupulous unpunctuality—of which should be vigorously combated in order to reap the rare promises of benefits from well-expected Jupiter, Venus and Neptune. The friendly Jupiter indicates monetary returns.

Venus blesses the home, social, artistic and heart affairs, while the semi-malefic Neptune testifies to pain through ailments, schemes, inspirations, pronouncements or meditative impressions. It is a day to be taken advantage of by self-discipline as to ignore and disrupting personal tendencies and vicious inclinations.

The whose birthday it is may have a prosperous year if they keep a cool head and tongue and a kindly heart. A child born on this day will be active, impulsive, and despite rashness and ungoverned tongue will be popular and have many friends.

Today's Fashion By MME. FRANCES

Tailored Suit of Green Velours, With Sable Collar.

A long coat with a fitted bodice and pleated skirt proclaim this suit to be of the latest mode. It is of dull green velours, with a large collar of sable. A belt of medium width defines the normal waistline, and the coat fastens slightly to one side. The sleeves button snugly about the arms below the elbows. The skirt is pleated to correspond with the coat. A hat of tobacco-velvet and a muff of sable complete this smart street costume.

SUFFERED TERRIBLY WITH HER HEART Would Wake Up Smothering

The terrible smothering and choking up sensations and sinking spells, the feelings of dizziness and faintness that come over those whose heart and nerves are deranged causes the greatest distress of both mind and body.

Milburn's Heart and Nerve Pills give prompt relief and effect a complete cure in cases of such severity.

Mrs. A. M. Powell, Norval Station, Ont., writes: "I cannot speak too highly of Milburn's Heart and Nerve Pills. I suffered five years with my heart and nerves, but the last two years I have suffered terribly. If I went to bed I would wake up as if I were smothering. I did not get one night's sleep out of seven. I got so very weak that the doctor was called in, and he said it was my heart, and that I must take great care of myself. I saw your advertisement in your Almanac for Milburn's Heart and Nerve Pills, and I bought a box. I have only taken two boxes of them and I feel a new woman. I will recommend them to anyone afflicted with heart trouble."

Milburn's Heart and Nerve Pills are 50c a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.