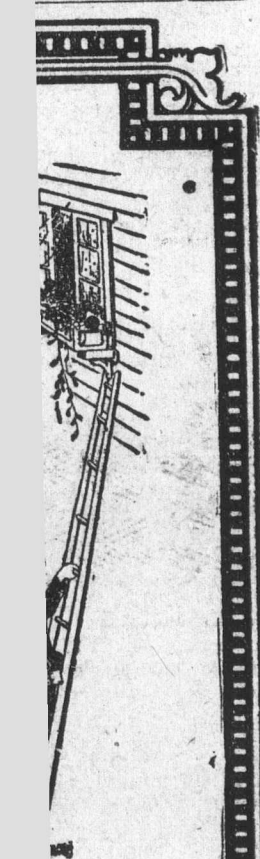


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Accommodation, 11.11.8.42 a.m.
Chicago Express, 17.12.47 p.m.
Detroit Express, 8.12.6.54 p.m.
(c) Express, 15.10.10.10 p.m.
GOING EAST
Ontario Limited, 8.0.7.48 a.m.
Chicago Express, 6.11.22 a.m.
Accommodation, 11.2.5.26 p.m.
(c)—Stops to let off passengers from Kingston and east.
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SEND IN THE NEWS

HANDSHAKING MENACES HEALTH

Ancient Custom of Hand Kissing and Shaking by Notables Discarded

A story comes from Lucknow about a veteran warrior with whom the Prince of Wales shook hands on the occasion of a review, the Indian exclaiming, "He shook my hand. This hand. If only my father could have lived to have known his son's honor." For royalty to shake hands would seem to the natives of India an unparalleled honor, but the young Prince delights in making innovations wherever he goes, and we know that on his various voyages he has as freely offered his hand as any commoner. Nevertheless, he found that one might go too far with this democratic salutation and when he left this continent his right hand was almost out of commission as a result of the hearty and continual grips of his admirers. In a dissertation upon handshaking, Cunliffe Owen suggests that for his own protection President Harding and other public men, unduly exposed to handshaking, should wear gloves as is the custom with royal personages in the old world.

One New Year's Day it is said that Mr. Harding shook hands with perhaps 6,000 men, women and children, and smiled through it all, though the physical strain must have been great. Not only was this a very fatiguing business, but Mr. Owen thinks it was running a risk, and he says that the National American Institute of Homeopaths has indicated some thirty or forty distinct diseases which may be communicated by a handshake. Indeed this body, feeling that in exposing himself to indiscriminate and insanitary handclaps the President was risking his health, decided that when it waited upon him in a body, the members would simply bow. Later it was thought that this might seem rather an impertinence as suggesting to President Harding how his guests should be greeted, and so the members all shook hands. So far as is known no harm came of it.

The King's Way.
Though lack of geniality was never a characteristic of the late King Edward he did not freely offer his hand. When he did it was always gloved. A nod, sometimes accompanied by a brief smile, was considered sufficient greeting for those who attended his levees, both when he was Prince of Wales and King. When he extended his hand it was considered a mark of particular regard. Custom demands that those who grasp the hand of royalty shall remove their own glove, for the purpose, but the fact that the King keeps his hand gloved for all prevents any exception being taken to royal etiquette in this regard. The glove serves to protect the sovereign from any of the numerous diseases which might be transmitted by the touch of human flesh, especially if the pores of the skin are open, and again since the hand of one person is gloved the bare hand of the other can acquire no infection, nor even the well known King's evil.

Hand Kissing.
Hand kissing remains in vogue. It is the custom of English Cabinet Ministers on receiving their seals of office, ambassadors and plenipotentiaries, high dignitaries of the Court and Church on their appointment to office, and Archbishops and Bishops of the Established Church when kneeling to do homage on their nomination, to kiss the hand of the Sovereign. The kissing of the Pope's foot after death is an ancient observance, but for adequate reasons was omitted in the case of the late Pope Benedict. We admit that it is with some effort of the imagination that we see Lloyd George kissing the hand of King George, and suppose that for once he has done it he has shaken the royal hand fifty times. Nowadays the kiss is reserved for the most formal occasions and with the present royal families we presume the handshake is as common as with most other families in the realm.

It was not so with King Edward and still less in the days of Queen Victoria. The latter was extremely chary about permitting anyone to shake her hand. In Morley's "Life of Gladstone" he says that the Queen

just once shook hands with him, although they were meeting each other for perhaps fifty years, whether he was leading the Government or the Opposition. Her Majesty was supposed not to be an admirer of the Grand Old Man, and it was only a few months before his death, after he had retired from public life and was searching for health in the South of France, that he called upon the Queen, who was there for the same purpose, and she shook hands with him. The incident so impressed Gladstone that he recorded it in a pathetic little letter. Perhaps it is unnecessary to add that the kiss one bestows upon the hand of a monarch does not partake of the nature of a grapple as revealed in the movies. The fingers are merely raised and touched by the lips.

SPRING WEATHER HARD ON BABY

The Canadian spring weather—one day mild and bright; the next raw and blustery is extremely hard on the baby. Conditions are such that the mother cannot take the little one out for the fresh air so much to be desired. He is confined to the house which is so often overheated and badly ventilated. He catches cold, his little stomach and bowels become disordered and the mother soon has a sick baby to look after. To prevent this an occasional dose of Baby's Own Tablets should be given. They regulate the stomach and bowels, thus preventing or banishing colds, simple fevers, colic or any other of the many minor ailments of childhood. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

HOW WOMAN MAY REGAIN YOUTH

The day when a woman of fifty may feel thirty-five and look twenty is near at hand. Accumulation of years like an awkward cloak, soon may be removed from willing shoulders of the eternal feminine craving for youth. For science is conquering age; life and its secrets are given into human hands.

This, in effect, is the astonishing claim of Dr. Leo Michel, famous surgeon, and the first to introduce here the revolutionary Steinbach rejuvenation operation.
Before the members of the Academy of Medicine to-day Dr. Michel introduced for examination one of the twelve subjects upon whom he had performed the simple operation named for the illustrious Viennese surgeon. The subject, a man of forty-three, appeared about thirty. Previous to the treatment he displayed every symptom compatible with seventy years.

Dr. Michel, who is first of the surgeons interested in any of the various rejuvenation processes to admit that any of them may help women to regain their youth as well as men, explained his theory that by tying off certain tubes the process may be quite as beneficial to the female body as the other process is to the male.

The success of it would depend upon keeping intact small capillaries surrounding those tubes.
"The first direct result of such an operation on a woman would be doing away with excessive nervousness and crankiness, direct results of atrophy of procreative glands. Those glands might be restored to functioning processes by the method."

"Of course women do not stand in need of the Steinbach operation as men do, since science has found other measures for relieving abnormal conditions. One is that of injecting into the blood stream gland extracts obtained from animals. This treatment is so effective as to relieve conditions of nervousness bordering insanity."

Dr. Michel, who is staff surgeon at the Hospital for Joint Diseases and is connected with the New York Clinical School of Medicine, performed the first Steinbach operation here sixteen months ago. The operation has nothing to do with transplantation of goat or monkey glands.—New York Paper.

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