

Daily Magazine Page for Everybody

Secrets of Health and Happiness

Why Baby's Training Should Begin at Moment of Birth

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



DR. HIRSHBERG

Psychologists have begun to study the behavior of infants. Several of them, under the supervision of Professor John B. Watson, of Johns Hopkins University, have announced unbased and well-founded observations of the activities of infants a few minutes after birth.

ence to modern methods of training and regularity in nursing, bathing and lifting the infant will result in the absence of bad habits and decidedly less worry and trouble on the parent's part.

Answers to Health Questions

Mrs. J. B. J. Q.—My limbs from the knees down, including the feet, are very much swollen. Will you kindly advise me what to do?

A.—The kidneys, heart or other internal organs will relieve me. Take a complete rest in bed for a couple of weeks.

A Reader, Q.—What causes dry hands, and what can I use?

A.—Evidently your trouble is due to soap or some other thing you use which dries up the natural moisture. Bathe your hands in glycerine and rosewater.

D. S. A. Q.—I am troubled with gas on my stomach. Can you tell me of something that will relieve me?

A.—Try either of the following in a little water every four hours: Salol 10 grains Bicarbonate of soda 10 grains Bismuth subnitrate 5 grains

Max H. Q.—Will you kindly let me know if there is any drug or medicine that can be given to take away the desire for liquor?

A.—No, there is no medicine or drug that can be taken. Special hospital treatment must be taken. You must also strengthen your will power and make a purpose of doing it.

A Reader, Q.—Where can I buy rice powder?

A.—You can buy rice powder in any drug or department store.

P. M. Q.—What would you advise to use for blackheads?

A.—Gentle massage with a sterilized piece of absorbent cotton or charcoal, followed by the application of poeate make up your mind to do without it.

F. L. Q.—Please tell me how to get rid of pin-worms.

A.—Injection of an infusion of quassia into the rectum will kill them. Consult your doctor about application.

ALMA Q.—Is it possible for one's ear to close up from a cold?

A.—It is very possible for the ear to close up from a cold unless an ear

specialist attends to it when the trouble is first felt.

R. M. Q.—What can I use to prevent my children from getting measles this A.—Measles are sometimes prevented by washing the eyes with borie acid water and the nose and throat with alkaline antiseptic solution every four hours. It is contagious in all stages.

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is one of general interest letters will be answered personally. If a stamped and addressed envelope is enclosed, Address ALL INQUIRIES to Dr. Hirschberg, care this office.



To-morrow's HOROSCOPE

By Genevieve Kemble

TUESDAY, APRIL 2.

The luminaries in trine aspect on this day urge those in employment who are deserving to take steps to better themselves, seeking promotion, preferment, honors and increase of salary. Others may ask favors of those in high places with security. There is some danger of recklessness, quarrels, litigation and extravagance through Mars in affliction, rash and unwise. Allowies, Mercury and Uranus in parallel position also makes the mind and judgment freaky and erratic, but brilliant and creative. With the brakes on, spend, though unaccountable results should come from this. Sudden change and bold and adventurous decisions seem imminent. All should be held under subordination, and cool judgment.

Those whose birthday it is may have a changeable and peculiar year, which should be handled carefully, avoiding law and quarrels. A child born on this day will have some brilliant talent, but should be taught steadfastness, calmness and a wise discretion.

The Origin of Famous Sayings

Charles Miner—1780-1865. When I see a merchant over-polite to his customers, begging them to take a little brandy and throwing half his goods on the counter—thinks I, that man has an axe to grind.—Whorl Turn Grindstones? And I've heard defended—Little said is soonest mended.—The Shepherd's Hunting.

APRIL FOOL

By Will Nies



In a playful moment Cupid should lie in wait tight gripping the proverbial "string" to which a HEART is attached, and he who is skilled in strategy should step on that string so the heart COULDN'T be snatched back, and should reach for the hands outstretched to him and capture HER whose heart is HIS—well, if things turned out THIS way, which would have the better right laughingly to cry "April Fool?" Really it's a puzzling question, because—who knows?—maybe surprising Cupid would PLAN it just so!

DIARY OF A FASHION MODEL

BY GRACE THORNCLIFFE. She Learns That a Jacket Frock Is a Smart Substitute for the Tailored Frock.

This morning Marianne and I were watching the passerby, who looked very sprightly in their new hats and coats when a white horse attached to a delivery wagon, came into sight.

At that moment Miss Livingstone came through the door—and Miss Livingstone has wonderful red hair. Madame was directly behind her. She motioned me to follow them to the fitting room.

"I think you remember the blue serge frock we tried on several days ago, the one with the hooded made quite like an Eton jacket, don't you?" Miss Collins will be here with it in a minute and want you to show Miss Livingstone how smart it is.

"She wants something different for street wear, being tired of spring suits and top coats. There's nothing more effective, to my mind, than a jacket frock. I think she will have the same opinion when she sees this model on you."

Miss Collins helped me into the frock. Madam sent her to Marcellie for a good-looking walking hat.

There had been done to the jacket frock since the day I tried it on. In fact, it was ready for the finishing touches.

Madame had combined blue French serge with faint, blue and white stripes between the shade known as "Belgian" and that called "Liberty," in making the frock she used the material whenever it was possible in order to make sufficient.

The hood consists of an Eton jacket of serge serge and also of serge. The long sleeves, also of serge, are rather snugly fitted, and have "hour-glass" cuffs of faint blue and white. A narrow band of the faint blue and white is at the center of the collar, and a bow at the outer side. The vest extends

below the normal waistline and has slightly pointed ends. It fastens with a row of silk-covered buttons placed very close together. A narrow, turned-down collar of the silk finishes the

pointed neckline. The outer edge of the Eton is bordered with narrow silk braid. The skirt is made entirely of the worsted material save for the facing of the pocket draperies which is of the same color. The skirt hangs in pleats at the bottom and draws in about the feet, producing the fashionable "peg-top" effect. There was no denying the fact that the frock was exceptionally smart and Miss Livingstone frankly said so.

While we were admiring this line and that touch of trimming Miss Collins appeared with the hat. I settled it well down on my head and the effect was entirely satisfying.

WINIFRED BLACK

Asks What Do You Seal in Your Letters? Copyright, 1918, by Newspaper Feature Service, Inc.

There they lie in a neat little pile, the letters—promises, threats, love letters, and the like. I called them to my attention and she said: "Yesterday the sun was shining and some one sent me a box of pins for the sailor's contrary to his beliefs. However this may be, it is true that there are many things in the world which are greater than that of men upon the face of the water, is the underlying reason for the sailor's contrary to his beliefs."

"For example, our illustration shows the blessing of fishing boats that sail from a port of Brittany 'somewhere in pointed neckline. The outer edge of the Eton is bordered with narrow silk braid. The skirt is made entirely of the worsted material save for the facing of the pocket draperies which is of the same color. The skirt hangs in pleats at the bottom and draws in about the feet, producing the fashionable 'peg-top' effect. There was no denying the fact that the frock was exceptionally smart and Miss Livingstone frankly said so."

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together, my dear friend and I! Or—did they put on the nice tan-colored cloth that is the latest artistic fad?

What Comes From Yours. "What did they say about the table? Me, I hope. Don't you love to have people talk about you, when they say kind and loving things?"

All my faults and failings, all my foibles and mistakes, all my careless cruelties and stubborn ways—I don't mind a bit, so long as the people who speak of them love me a little—in spite of them.

So they like people to pretend they think me perfect, do you? There's always something so unreal about that. There's no honest friend with a frank tongue and a ready laugh and a warm heart, and I'll face the world and everything in it without a tremor, wouldn't you?

So they had corn bread and milk for lunch, did they? That was just like them, so simple and unpretending, and so good and wholesome. I think I'll have some corn bread and milk to-night, instead of dinner. It would be a change, and do me good.

Letters—how careful we ought to be what we seal up in them! When the seal is broken, out pop all the sorrows and grievances and annoyances and hurts and discouragements like so many dark arrows, or, out they come and friendship and love and joy. There they lie in a neat little pile, the letters—wonder what I shall find when I open them!

Good Night Stories

By Adele Garrison

Illustrated by Gracie

HOW MARGIE APRIL-FOOLED HER MAMMA.

Margie was putting because mamma had asked her to stay home from school to mind the baby while she went downtown to business.

"That's always the way!" exclaimed Margie, almost in tears. "And we'd planned on such a good time at school. What fun can I have staying in the house on April Fool's day? There's no one to fool, baby doesn't know enough to understand a joke if you'd play it on him!"

"But there's no one to fool, and the other children were going to school. What fun can I have staying in the house on April Fool's day? There's no one to fool, baby doesn't know enough to understand a joke if you'd play it on him!"

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WRIGLEYS

For Your Soldier!



"Bless the girl! She never forgets to keep me well stocked with WRIGLEYS"

Teeth, breath, appetite and digestion all benefit from it. Thirst and fatigue fade away. Pluck returns by its magic aid.



After every meal

Made in Canada

The Flavour Lasts

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

Why Madge Set About Memorizing What Drake Wrote.

I was surprised at the strength of the resentment I felt toward Allen Drake when I finally realized the belittling attitude in which he held my personality. My anger ebbed and my lips quivered for fear I might utter a word which would betray my anger to him.

It couldn't be, I told myself fiercely, that I cared for this man's opinion of me. He, like myself, was merely a creature of flesh and blood. I couldn't hide from the eyes of my own brain the humiliating fact that his opinion did matter to me.

While vaguely dreading and fearing him I had yet been much impressed and fascinated by the man's powerful personality. I had thrilled, despite myself, at his praise of my pluck and presence of mind when he was wounded. To realize that he regarded my intellect as little more than that of a precocious child jarred my self-esteem even in my personal executive who was impatient of feminine assistance.

There was no escape for me, however, from the humiliating position in which I found myself. I must go on jotting down interminable figures at his behest until he had finished whatever task he desired. My secret message seemed to have set him.

"Good locks and bolts!" which Mr. Drake was trying to decipher by means of secret formula scattered in innocuous-looking figures on many pages of the notebook he carried. I shrewdly

suspected that this arrangement of figures he had was one so distributed that no one save himself could possibly use it, and that if his notebook were stolen it would be of use to anyone except its owner.

My little mother began the training of my memory when I was a small girl, and I kept up her methods after I grew to womanhood. It is no task at all for me to memorize at sight lists of words or groups of figures, so, although I found the task I had set myself the hardest of my kind I had ever encountered, yet by the time our dinner ended I had firmly fixed in my memory every figure and letter I had seen Mr. Drake write down in his notebook.

Three Minute Journeys

BY TEMPLE MARSHALL

Where Fishermen Have Their Ships Blessed Each Time They Tempt the Sea.

The eagerness and the reverence with which the followers of the sea in all lands follow their religious beliefs is one of the fine things that one can think of to say about the sea and those who wrest their living from the waters.

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Of course, the collection was so much Greek to me. But I was sure that if I ever had the chance to look at the rice paper on which my father's cryptic message was written I would be able to read it. And I had a sort of childish satisfaction in feeling Allen Drake, who I knew, believed me to be ignorant of the real meaning of his mathematical manoeuvres.

It was after the coffee had been served that I saw his eyes glister with subdued excitement, heard him draw a deep breath, and knew by the suppressed exultation and amazement with which he stared at the rice paper that its secret lay at last before him.

"Look here," he said, frowning, when he had finally closed the notebook and put it into his pocket, "how many people do you know?"

"Six," I answered loquaciously.

"No one else?"

"Myself, my husband, my mother, an elderly cousin, the maid and a man-of-war's crew, who sleep in the barn."

"Good locks and bolts on your honourable person!"

"Only ordinary ones."

"Do you know within reach of your hand all the time?"

Winifred Black

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Little Bo-Peep

Has lost her sheep And doesn't know where To find them.

"Infants-Delight!" Will make you bright, So dry up your tears— Don't mind them.

INFANTS-DELIGHT TOILET SOAP

A PURE white soap of exquisite quality. Borated to soften the water and penetrate the pores of the skin. Fragrant and refreshing. Conveniently curved to the hand.

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