

Daily Magazine for Everybody

Secrets of Health and Happiness

What You Should Know About "Spots Before the Eyes"

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



Perhaps you have been annoyed at some time or other with blurred, fixed or floating spots before your eyes. The eyes themselves of this printed page frequently appear like a blurred, black and white surface. Such spots before the eye which obscure the vision are due to oblique-like masses of inflammatory substances which are cast into the eye-lid by some low grade inflammation. When you stare into the distance or read a printed or written page, the spots disappear for a few minutes and again return.

If inflammation is present in the eyes, these obnoxious interferences are liable to occur and recur frequently and with an increased measure of annoyance. Their numerous reappearance should awaken curiosity and suspicion as to their real source. An oculist and a pair of glasses perhaps will correct at least a great part, if not the whole, of the evil.

Although these spots are the cause of by far the greatest measure of annoyance, the white, transparent spots which float before the eyes are also much to be wished out of the way. These are very tiny, transparent chains of dots or strings, which frequently interfere with vision when a white field or plane or a brightly illuminated area is under gaze. They are so everlastingly persistent that even a shake of the head gets them out of the way only temporarily. These myriads of bright, transparent dots are probably due to the remains of certain kinds of cells in the fluid part of the eye which should have been fully absorbed in complete ocular development. Since these are not due to any kind of inflammation, they need not cause anxiety, for they never by themselves lead to the impairment of vision.

Some Veil Fallacies.
It is a somewhat common suspicion among the general public that dotted with have something to do with the condition of spots within the field of sight. Perhaps this idea is due to the strain that is frequently noticed to result from the use of this kind of veil. Although it is true that much mental strain is due to the effort of the eyes to secure unobstructed vision in spite of the dots in the veil, it has not been found, however, that these dots or any other objects seen can be permanently reproduced on the nerve tissues of the eye, so as to affect the straightness of the visual axis, where the appearance of dots will result.

Beware the Sun.
A too long observance of the sun is perhaps the only way by which an inflammatory change in the retina can take place. Some persons who have looked at the sun for a long period and a number of seconds is often considered a too long time—especially when they have observed the sun, have succeeded in their unconscious effort to

Answers to Health Questions

D. Q.—Please give me a quick, sure remedy for scabies.

A.—Sulphur ointment with balsam Peru, 2 drams to the ounce, and a hot scrub at night will kill them. After several days of this treatment the skin itches from the irritation; then soothe it with the following lotion:

Pink calamine 2½ drams
Zinc oxide 2 drams
Glycerine 2 drams
Phenol80 drops
Lime-water 2 ounces
Rose-water 2 ounces

A READER. Q.—Will you please tell me the cause and cure for fars of the scalp?

A.—Yes, X-ray treatments given a child a number of times affect him in any way?

A.—This is due to parietal mott, and is very difficult to cure. It must be scraped and washed off with soda in water and ammoniated mercury ointment rubbed in.

2.—Yes, X-rays used often may affect him in some way.

J. J. M. Q.—Where can I obtain diet lists?

A.—The Life Extension Institute, New York City, publishes diet lists and also the Department of Agriculture, Washington, D. C.

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 not of general interest letters will be answered personally, if a stamped and addressed envelope is inclosed. Address ALL INQUIRIES to Dr. L. K. Hirschberg, care this office.

KITCHEN ECONOMIES

BY ISOBEL BRANDS
OF THE APPLECROFT
EXPERIMENT STATION.

Solving the Problem of Varied Breakfast Toasts in Five Delicious Ways.

There are families in which the breakfast toast is an inevitable as the Saturday night beans in Boston. But this is no reason why there shouldn't be some variety in the nature of the toast served. In fact, with a little dressing up a dish of toast can be made a satisfying and complete morning meal.

Tomato Cream Toast.
(A Good Luncheon Dish.)
1 cupful of strained tomato juice
1-2 cupful of cold water
2-3 cupful of hot milk
1-2 teaspoonful of salt
1-2 teaspoonful of soda
1 tablespoonful of butter
1 teaspoonful of sugar
4 tablespoonfuls of flour
2 hard-boiled eggs
4 slices of toast

Simmer the tomato for 15 minutes, then add salt, soda and sugar and heat to the boiling point. Add a little cold water to the flour, rub it to a smooth paste and pour it into the tomato mixture, cook five minutes, then add the milk and butter. Dip the toast into this sauce and arrange on a platter, pour the remaining sauce over it and garnish with eggs sliced in halves.

Celery Toast.
2 cupfuls of celery
3 cupfuls of hot water
1-2 cupful of flour
½ cupful of milk
½ teaspoonful of pepper
Salt
4 slices of toast
Cut the celery in inch pieces and cook

until tender. Add the salt, pepper and the flour mixed with milk to a smooth paste. Stir until thick, then simmer for fifteen minutes. Pour over toast and garnish with celery tips.

Isobel Brands will gladly send you a recipe for using up stale bread if you will write her at the Applecroft Experiment Station, Greenlawn, N. Y., inclosing a self-addressed stamped envelope for a personal reply.

Where Neighbor Villages Are Attacked When a Pig Dies.
In days not so long passed cannibalism was rife in Papua, now called New Guinea. In many another section of the world map at the time a ceremonial rite in Papua, cannibalism seems to have been practiced merely to tickle the palate. Of course the authorities quickly stamped out the habit, but even today it is suspected cannibalism is still practiced in inland territory far from police control.

One of the reasons for this belief is that every once in a while there come down to the coast reports of an entire village being wiped out by neighbors, who have no other excuse than that a favorite pig died, and they had avenged its death upon those who didn't even know of its demise. "It is our custom," the prisoners say, still regretting the pig's loss.

THE FIGHTING WOMAN

By Will Nies



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WHAT do you suppose is in their minds when they think of the fighting woman—the woman who actually goes, like those strange creatures of the Battalion of Death, straight into the jaws of FIGHT? How do they feel when they turn from their sheltered security to look squarely at raw, brutal physical danger? Are they always grateful to life for their own escape? Does it give new

WINIFRED BLACK Writes About Big Little Tragedies

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Winifred Black

Miss Rebekah Maurelowski ran away from school the other day. She's 12 years old and she's in the seventh grade—a little ahead of where she ought to be, to go by the average school record.

She's good—humored, industrious, obedient, and she dresses quite as well as the rest of the girls in her class.

But she couldn't stand it a minute longer. They all made fun of her, and called her queer names, like "Stepladder Mary" and "Bonaparte Bessie" and "Jumbo Junior"—for poor Rebekah is 5 feet 6 inches tall and weighs 130 pounds.

Those extra inches and extra pounds make all the difference to the poor child between happy contentment and misery.

Don't laugh—it isn't in the least funny. I have lived through many sorrows, I have tried my best to hold up my head and smile when my heart ached, and I had all I could do to keep from wishing I were dead.

Bright hopes have faded; clear ambitions have been dimmed; fond illusions have disappeared.

Fashions Change With Places. But never in all my life have I suffered more intensely than I did when we moved to a new town and I had to go to school in a dress two inches longer than the dresses that were the fashion in the third grade in the new school.

It was a perfectly good dress of pretty material, well made and becoming. But it was, I remember it as if it were hanging in my closet at home this minute, and it was trimmed with rows and rows of black braid, and it had little black braided buttons everywhere a button could possibly be. It was made by the best dressmaker in a large town and we had considered it quite the latest thing in the other place.

I was suspected there of being a little too pleased with it, and some of the girls in the old school called me "Proudly Cat" the first day I wore it. But what cared I? They envied me, and I knew it, so I switched my little blue skirts defiantly and was almost intolerably delighted.

But in the new school—it was de classé—oh, horribly so! Entirely out of fashion, and not at all the thing.

Bessie Cromwell wore her skirts very short, and Mrs. Cromwell was the wife of the judge, and they lived on the hill and had a villa on their house, and an iron dog on one side of the lawn, with his tail curled up just as natural, and a boy and girl were under an iron umbrella on the other side, and, of course, what Bessie Cromwell wore was exactly right.

It was easy to see that my mother did not even know Mrs. Cromwell by sight, and anything so unbecoming as that dress she had never even heard of the iron dog or the cupola themselves.

So I was sent to Coventry. But I didn't mind it in the least. I was one ate luncheon with me at noon. And

at night when I started to walk home I walked alone, and Bessie Cromwell and her friends went on the other side of the street and minced along, imitating me, and Bessie crooked down, and that her skirts would look longer, and that she giggled, and if I'd had a dose of poison handy right then I would never have waited till I got home to take it.

Everything Made All Right. And my mother wouldn't shorten my dress. She said it was just right, and I stood it for three days, and on the

fourth day I sat up late at night and took a tack in that dress—not a straight tack, not a neat tack at all, but a wobbly thing that was broad one place and narrow in another, and in the morning mother saw it, and she made me take off the dress and stay at home and she tucked it herself, and never said a word.

Dear mother! She had been a girl once herself, after all.

Dear Rebekah! I do hope she's found some friends that admire her for being 5 feet 6 inches tall and weighing 130 pounds—as she surely will some day.

The Origin of Famous Sayings
John C. Calhoun, 1782-1850. The very essence of a free government consists in considering offices as public trusts, bestowed for the good of the country and not for the benefit of an individual or a party.—Speech, February 19, 1835.

TOMORROW'S HOROSCOPE
(By Genevieve Kemble)
THURSDAY, JANUARY 31.
Excepting for a powerful benefic ray from the great Jupiter this is a day of rather dubious portents. All of the planets are badly aspected, making it advisable to attend to those things which must be done with great care and conservatism, especially since Moon conjunction Mars gives a tendency to shrewdness and a keen eye for the truth, but it is not encouraging for the physical condition or for things in general, such as disappointments and business reverses.

Oils the Very Best Aids To Solve Some Beauty Problems
BY LUCRETIA BORI
The Famous Spanish Prima Donna

There's nothing better for developing a plump throat and neck than cocoa butter or coconut oil. Before applying it bathe with warm water, so that the pores will be in a proper condition to receive the oil. Rub it into the skin with a gentle, rotary motion.

It is the desire of every woman to possess well-rounded, white arms. Almond oil will help a long way toward obtaining this beauty asset. A liberal amount should be rubbed into the arms daily, special attention being given to the elbows.

Crude oil and canor oil are fine for a dry scalp. Either will help to restore the hair and scalp to a healthy condition. To make the oil of the oil agreeable, have the druggist who sells it to you add oil of lavender to the liquid.

Outside and "In."
A machine oil can or a medicine dropper will prove most convenient for the application of the oil. Apply the tonic every day until the hair becomes sufficiently oily, and then let the applications be made less frequently. After the oil has been used, employ a comb to remove the tangles and give the hair a thorough brushing.

The constant use of oil on the scalp will tend to prevent dandruff from forming and the hair from turning grey prematurely.

The thin person should eat foods browned in olive oil and plenty of salads with oil dressing.

The one who desires a smooth, clear complexion should use cold cream made of vegetable oils, since it will not grow hard upon the skin.

And the beauty-seeker who is anxious to have long lashes and luxuriant eyebrows should apply warmed olive or coconut oil to stimulate their growth.

Oils as a beautifier have no rivals.

Join them. She was led into a great, big dining-room, the largest she'd ever seen in her life, and was seated at the table right next to the Queen herself.

Happy Gigles picked up a toy to look at, and for that was good to see was laid on the table. But the royal folks were so busy eating that they forgot their guest—never once did they pass Mabel anything to eat.

After everything was eaten, Mabel went into the nursery to play with the little Prince and Princess. But every time she picked up a toy to look at, one of the children would snatch it away and when she began to cry they called her "Cry Baby" and pushed her outside the castle and closed the gate in her face.

Mabel sat down again on the stone wall, wept aloud.

"Tut! Tut! What's the trouble?" asked a squeaky voice, and Happy Gigles hopped out from behind the bushes.

Mabel told him how very unkindly the family of the golden castle had treated her.

"They wouldn't let me have anything," sobbed Mabel.

"That's too bad!" exclaimed Happy Gigles with a twinkle in his eyes. "But I guess now you can see how wrong it is for little girls to be selfish. That was a fairy castle, and I had those dear little fairies pretend to be selfish just to show you how dreadful it is for you not to share your things with your playmates." Then Happy Gigles waved his hand and the fairy castle and all the faeries faded from view.

"Do I act like that with Mabel and Dee?" asked Mabel.

"You certainly did," replied Happy Gigles. "But from now on you'll be a member to treat others as you'd have

them treat you; you'll never make any one unhappy."

And before Mabel could blink her eyes Happy Gigles had disappeared.

Mabel ran home, and from that day on she was never selfish again, but always divided everything she had with her two friends. For she never forgot how dreadfully slighted she had felt on her visit to the golden castle.

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replacements usually result from this adverse position. The extreme friendliness of Jupiter, however, may save the day if reason and not impulse is permitted to hold sway, avoiding argument and litigation.

Those whose birthday it is should avoid quarreling and litigation, and guard their health and positions. A child born on this day will have powerful friends, but should be taught not to be reckless, quarrelsome or headstrong.

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is the first law of nature." The first law of self-preservation is health. Protect your health by using

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