

BADLY COLLISION

Unit's Recruit
and Motor Car
Slide.

DER WHEELS

Injured Men in
are in Serious
dition.

struction Battalion's
and motor car, driv-
worth, 291 Ontario
the corner of Shaw
yesterday after-
n 12 sullen street,
bury, 29 London
Herbert Murray, 37
seriously injured,
Lash Advertising
Toronto; K. Tyrrel,
is, and C. J. House,
badly shaken up,
of the motor car,
ed by Dr. Clark,
Dr. Hamilton, Grace
they were removed
hospital. The col-
ling car were un-
consist of a bad
injury to the knee,
fractured rib, while
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were from the Pro-
military instruction
and were proceed-
the headquarters of
at Exhibition camp
t occurred. The
and in charge of
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spants thrown un-
ine. Murray was
pavement by one
of the motor car,
was pinned by the
just returned from
served six months
mission.

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the Ontario Medi-
night, in the chem-
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Dr. H. B. Anderson,
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were serving over-
ork that was being
soldiers and deat
communication com-
that there should be
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special privileges
that the medical
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yclians' fees were
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R PARADE.
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ANDITS
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31.—The London
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THURSDAY MORNING

THE TORONTO WORLD

JUNE 1 1916

13

Secrets of Health and Happiness

Memory as Well as Wit Actually Hurt by Hunger

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

A RECENT railroad catastrophe has been attributed in part to a hungry, tired tower man, who, forgetting to set the signal, caused a wreck which resulted in a great loss of life.

Scientists have proved that hunger has a powerful effect upon memory, imagination, thought and understanding. Under the stress of hunger intellectual faculties mistake black for white and twice two for five.

Experiments in psychology made on several subjects established the fact that the will of some individuals is sapped and their intellectual fibres greatly disturbed by hunger. There is a partial loss of memory for everything among a few of the subjects, and a complete lapse of memory for particular types of knowledge or experience by others. Four or five of the subjects, when well fed were noted for their good judgment and deliberate methods in thinking things out for themselves. When starved they were impulsive, disobedient and forgetful. A few of the exhibited strange mental lapses, reverses, absent-mindedness and irritability. They saw apparitions and suffered delusions.

"Feed the Brutes." The results of these experiments are confirmed by your everyday experience. A man may come home to his dinner grouch, cross, excitable and almost unrecognizable. He may say things he afterwards sorry for, but as the meal progresses he "loosens up." His smile widens with his fifth, for food, soon converts the "hungry beast" into a man that is after Caesar's own heart, fat, sleek-headed, and such as sleep "crickets."

Shipwrecked sailors, like typhoid fever victims, become delirious for want of food. When provender and water are wanted by the human system the memory, intellect, imagination, perception and the like are thrown out of gear because the mind comes as much from any other set of human structures as it does from the brain.

Results of Overeating. The brain is the last part of your anatomy to be hurt by hunger. Yet the mind shows alteration at the very first stage of hunger. The brain and nerves are least damaged, while the muscles, senses, flesh and blood are injured soonest. This confirms the discovery of the last dozen years that the brain and nerves are merely pathways of communication between thought and action, sensation, memory, perception and understanding.

In the intellectual conditions which follow hunger there is the same disturbance and disorder of thought found when the alcoholic intoxication is present. There is irregular memory, want of will power, loss of moral responsibility, unsteady conduct, visions and hallucinations.

Hunger, it seems, plays pranks of many kinds upon the minds of men. Perhaps this explains why overfed men sometimes are foolish. Too much food acts just as too little does. It prevents the tissues from getting their needed pulsation.

To share a donkey's carrots, gets a glorious news from Sidney and makes another and trip to the hospital where his mother is waiting for life.

I slept that night in Covent Garden Market, close to the back of a coster's donkey, which was warm, but caused me great alarm at intervals by wheezing loudly and making as if to turn over upon me. Then I scurried out of the straw and wandered about in the empty, echoing place, feeling very small in the vast darkness among the shadows, until the donkey was quiet again and I could creep back inside him.

In the strange, eerie chill of the morning, while the gas lamps in the streets were still showing dimly thru the fog, the farmers began to come in with their wagons. I hurried about in the darkness of the market, making each one if I might help him unload the vegetables or hold the horse for a half-penny, or even for a carrot or raw potato. The horses were large, heavy-footed beasts, and their broad, huge-muscled chests towered over me as I held the halters, while every toss of their heads lifted me from the floor. But I held on bravely, very hungry, thinking of the bun I might buy with a half-penny, and indeed, before the market was light, I had two half-pennies and a small assortment of vegetables.

THE HERO

By Will Nies



TO the susceptible hero follows the season. But it isn't only because at different times, each changing hero looms largest in the moment's eye. It's also because at each particular season the matching hero best fits the hour. You couldn't imagine a football player much of a hero in his padded suit and masking helmet in MAY, could you? No, indeed. So here's to the REIGNING monarch—may his flying feet bear him around his destined course, and bring him at last, smiling, safely—HOME!

The Amateur Gardener

THE amateur gardener is often puzzled to know what to grow, and what not to grow. She wants such plants as will give the greatest amount of satisfaction with the least attention, but—she does not know what kinds will answer her purpose best. What shall she select? If she wants a fine show of color without gaudiness she cannot do better than choose three colors of phlox drummond—the rose-colored, the white and the pale yellow. Such a combination is as charming as it is restful to the eye and one will never tire of it.

For edging beds sweet alyssum, candy-tuft and ageratum will be found extremely satisfactory. All three are low growing plants of compact habit and profuse bloomers. And all three are of the easiest culture.

An especially pleasing combination is a bed of single pink geraniums, bordered with pale lavender ageratum.

No collection can be considered complete that does not include the nasturtium. This is one of the all around kind of flowers—good for cutting, fine for garden decoration and so easy to grow that a child cannot fail with it.

Another excellent stock is ten week stock. This has the merit of being a late bloomer. It is generally in its prime along about the time frost comes.

Watch the plants when they are coming into bloom and pull up every one that bears a single flower. The doubles only are worth growing.

If there are many boxes to fill, I should strongly recommend nasturtiums, for a porch there is nothing better, and if you will use the soil from the florists for your boxes, they will grow wonderfully, will either hang or climb as you want them to, and you will not only have many flowers for your boxes but you can pick a bouquet every day.

Ivy is Expensive. Do not put either geraniums or petunias in the boxes with nasturtiums, as the colors are awful together.

For boxes on the north side of the house, or where the shade of the trees is so dense that the sun never reaches them, ferns and English ivy are the most satisfactory, but unfortunately they are expensive. Wandering Jew makes beautiful boxes for shady places, and if you give it good care to grow in and plenty of water, and enough to fill several boxes can be bought for a quarter, if you haven't a neighbor who will give it to you.

Three Boston ferns and plenty of wandering Jew, either of the plain or the variegated, fills and ordinary size box, and will grow and be more lovely each month, and you will have beautiful ferns and any quantity of wandering Jew to take into the house to be a delight all winter.

Cobaea forms the quickest growing dense screen for a porch, and as the plants are always good sized plants when you buy them, the effect is immediate. It is one of the most beautiful vines that grows, I much prefer the purple flowered to the white, not only for the color of the flowers, and the leaves of a darker, richer green.

Be sure that you give your boxes plenty of water when you give any. One good soaking is ten week sprinklings, for it is at the bottom of the box that the water is needed, not at the top.

Little Stories Told in Homely Rhyme

THE OLD CHOPPING BOWL

Copyright, 1916, by the Author, Edie Dodder.

I SEE it in the cupboard yet 'mid pans in bright array—a memory that cannot fade, the years have passed away—so chipped and cracked from blows amiss, but still remaining whole to do its duty ev'ry week—that wooden chopping bowl. How well those old familiar sounds in memory I hear! No grander notes could ever fall upon the youthful ear. How sweet the scent that filled the air, arising with the knife to herald hash—the country hash—one joy of rural life! How Rover used to sit and watch for pieces of the meat, too tough to yield to human teeth; just right for dogs to eat! And Tabby—how she'd purr about beneath the chopper's chair and watch the work with eye alert to see she got her share! Such homely sights as hope today are very seldom seen: The bowl and knife have given way unto the deft machine. But who can say the knife today has ever reached the goal of that which mother used to make to music of the bowl?

CHAPLIN LOSES ACTION.

The supreme court of New York has turned down Charlie Chaplin's plea for an injunction restraining Essanay from showing "Carmen." The

burlesque on Carmen was the last picture in which Chaplin appeared prior to leaving the concern.

The company are suing Chaplin for \$500,000 for an alleged shortage of four pictures in which Essanay claims Chaplin was due to appear in.

MOVIES—PROGRAMS FOR TODAY—SCREEN GOSSIP

CHARLIE CHAPLIN'S STORY

By ROSE WILDER LANE.

(Copyright, 1916)

(Continued from yesterday.)

"Well, lad," the farmer called to me, "want a ha'penny? 'Oa is bloomin' 'ead for me and I'll gi' you one." I gladly seized the bun and a few minutes later I had the half-penny and a carrot as well. I liked the market, with all its noise and bustle and the excitement of seeing new things, and while I wandered thru the crowd minding my ha'penny and an apple, one party spied I had not eaten an apple since for a long time, and he said to me, "I might be able to see her at the hospital."

I held the apple carefully all the long way thru the London streets to the hospital. It was a big, bare place, with very busy people coming and going, and for a long time I could not get a word to tell me where my mother was. At last a woman all in black, with a wide, glaring white cap on her head, took my hand and led me past a great many beds with moaning people in them to the one where my mother lay. She was very pale, and her eyes were closed. They had cut away all her beautiful hair and her head was looking strange upon the pillow. Her eyes were wide open and bright, but they frightened me, and she was talking rapidly to herself, she did not say a word to me when I stood beside her and showed her the apple.

MARY PICKFORD TO BE INDEPENDENT

Company Being Organized for the Star—Pictures to Bear Famous Players' Trademark.

To discover the actual facts concerning the future activities of Miss Mary Pickford, star of the Famous Players Company, is a task requiring the presence of a chess player. Last week there was every indication that the favorite picture would shortly sever connections with the organization with which she has long been affiliated, but at the present writing it seems probable that she will head a company of her own, which will, however, be connected with the Famous Players on a fifty-fifty basis, as in the past, when pictures featuring Miss Pickford and produced by that company were half property of the actress.

According to her attorneys, Little Mary's company is being reorganized, and, while it will not be known under her name, will be a new concern, the pictures in all probability bearing the trademark of the Famous Players. She will, it is understood, retain her independence as a star. What the new company will be called is as yet undecided.

As to her negotiations with the Vitaphone Company, which were evidently quite well along nothing definite can be learned. Of course, if the new organization is a fact, as according to Miss Pickford's counsel, it is, this would end the negotiations. From J. Stuart Blackton's office, however, the word comes that the matter has not been concluded.

WANTED REALISM—GOT IT

Colin Chase, who is playing the lead in a two-reel drama which is being directed by Jay Hunt at Universal City, has acted with wild animals on numerous occasions and has been in "ticklish positions" more than once.

But, it was only a few days ago that Chase got his first real scare. The story, entitled, "The Jungle Hero," provides for a number of scenes at a zoological garden, in one of which, while Chase is passing the cages of lions, he is struck at by one of the beasts.

Now don't get too close to the lions, Colin," admonished Director Hunt, "these cats are mighty quick and don't seem to be in a very amiable mood today. So have a care." "Might as well make it realistic," boss," answered Chase.

And it was "realistic" for the young actor, escorting Goldie Childwell, the leading woman of the company, past the cages, stood a little too closely and one of the lions landed her paws thru the bars on his shoulder. The keepers ran quickly to Chase's assistance, and as he was pulled away from the cage his coat was ripped from shoulder to elbow. Miraculously, however, the lion's claws failed to penetrate the skin, and after a short interruption the coat was mended and Chase was able to continue.

MAE MURRAY'S SUCCESSES

Mae Murray, the beautiful and talented young actress who scored such a wonderful success in a recent Lasky production of colonial days in Virginia, will shortly be seen in another picture entitled "Sweet Kitty Bellaire," which deals with English "West Country" life in the eighteenth century. In "To Have and to Hold," Miss Murray occupied the leading role for the first time in her career, playing opposite to handsome Wallace Reid, and in the part of Lady Jocelyn Leigh caused quite a sensation among moving picture critics.

MOTION PICTURE DIRECTORY

Academy, Bloor and St. Clarens, Ed-
mund Brugs, "Lure of a Heart's Desire."
Aster, "The Voice of the Tempter," with
Eddie Polo; Myr. Gonzales, "Fool's Gold."
Belmont, 1218 St. Clair avenue, Robert
Warwick in "The Man of the Hour."
Empire, Booth and Queen, "Blue Blood,
but Black Skin"; Leonard & Hall, drama.
Family, Queen and Lee, Valeria Suratt
in "Soul of Broadway."
Garden, College and Spadina, "The Re-
generation."
Ideal, East Toronto, Denman Thomp-
son in "The Old Homestead."

THREE MORE PICTURE HOUSES FOR SOLDIERS

Buffalo Agency Will Build Near
Military Camp at Niagara.

To accommodate the Canadian sol-
diers camping at Niagara during the

summer months, a Buffalo theatrical
agency has announced their intention
of building three new moving picture
theatres at Niagara-on-the-Lake. The
town has a population of 9000 and there
are 10,000 men at the camp.

RECIPES FOR THE CARD INDEX COOK BOOK

Dandelion and Sorrel

For the "extra" people's benefit,
Doris Kenyon is going to open
penny lunch room near the World
studios, in New Jersey.

INGREDIENTS

1/2 lb. dandelion.
1/2 teaspoonful sugar.
1/2 oz. butter.
1 lb. sorrel.
1 teaspoonful lemon
juice.
Salt and pepper.

METHOD

Wash and pick over the dandelion leaves
very carefully and then boil in a very little
water until tender, adding the sugar and
the lemon juice to the water about 1 min-
ute before taking from the fire. Add the
sorrel and cook again until boiled to an al-
most dry pulp. Beat with a wooden spoon
until smooth, mix the butter and seasonings
and serve either with or without a sauce.
Malted butter is an improvement and garnish-
ing of thinly-sliced lemon.