

HEALTH TALKS

BY WILLIAM BRADY M.D.
NOTED PHYSICIAN AND AUTHOR

Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and a stamped, self-addressed envelope is enclosed. Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, in care of this paper.

The Treatment of Hemorrhoids

Hemorrhoids or piles are dilated veins in and about the entire of the alimentary tube. They are exactly analogous to swollen (varicose) veins in the legs or elsewhere, and to the same condition in so-called varicose.

The cause of these dilated veins, in any situation, is chiefly our upright but not erect posture. Then faulty customs of clothing, diet, exercise and general mal-treatment of minor ailments—which usually self-treatment—are important factors.

In the case of piles, the habitual use of laxatives is a prolific contributing cause, particularly laxative tablets or pills containing such crude cathartics as aloes or aloin. The constant nagging of such irritant to the lower bowel merely increases the congestion there; and besides, the pill or tablet habit makes tomorrow's constipation worse than yesterday's was, in every instance.

The only cure for piles, as for varicose veins in the legs or for varicose, is surgery.

The palliation of piles, varicose veins, or varicose is another matter. Either of the three conditions may exist, often does exist, without giving the patient any trouble whatever. Treatment would therefore be unnecessary.

An "attack" of piles means inflammation of the pile, is exceedingly painful. It passes off in due time, and the patient may have no trouble until the next "attack" comes. In the interim he may devote himself to the delightful pastime of telling his friends the sure cure he has tried so successfully. When the attack comes, he need not mention it at all to his friends, for it might discourage them from trying his remedy.

Attacks recur often or at rare intervals, depending upon the general hygiene of the patient and especially upon the care he takes about absolute cleanliness.

Bleeding hemorrhoids are usually painless, a common cause of severe, often occurring without the patient's knowledge, since the bleeding is internal.

Operation for internal hemorrhoids may be successfully done painlessly and without a general anesthetic, in one or several sittings, depending upon the number

of piles, in the doctor's office—provided that he is skilled in the work. It may consist of injections directly into the pile, or of the removal of the dilated vein.

For external hemorrhoids a general anesthetic is almost always required.

"Fishing piles," so-called, prove to be almost anything but piles, when the patient is at last examined.

QUESTIONS AND ANSWERS.

Our Patients and Our Readers.

Your column seems to increase constantly in popularity. One hears so many referring to things in it. No doubt a great many of your readers consult you in person, but being unable to do that, they are writing for information about the so-called change of life. Does it affect married and unmarried women in the same way? I am approaching my 44th year, but have seldom had any disturbance of health thus far, and when I hear elderly women telling of their experiences I am alarmed about my future health.

A. H.—The change of life is a great bugaboo of the elderly women, whereby they keep you young women in your proper place. There is no reason at all why a woman should look forward to any disturbance of her health at middle age, at least no more than there is for a man. (For the man to look forward to ill health, we mean, somehow we never open our mouth without putting our foot in it.) A woman's previous condition of servitude doesn't affect her health in any way either. We like your use of the word "elderly"; maybe we would have more friends now if we had not insisted upon saying old when we meant elderly. Ben Franklin would have counselled such moderation, we are sure.

Relief From Itching. Please give me some advice about the most of an annoying itching of the lower limbs. I have this all winter, yet there is no apparent skin trouble. M. S. M.

A.—Perhaps you want our monograph on itching. The monograph will be yours if you will furnish the stamped (three-cent) addressed envelope to carry it.

TORONTO TO HELP JUBILEE MEMORIAL

Meeting of Representatives of Societies is Addressed by Dr. Winnifred Cullis.

Representatives of many of the women's organizations of Toronto met yesterday in the board room of the general hospital. Dr. Helen Mac-Murphy presiding, to further plans for Toronto taking part in the offering which it is hoped Canada will make to the jubilee memorial to the new hospital for women, London, England.

That Toronto should share in a generous and spontaneous way was decided upon at a previous meeting at which Dr. Winnifred Cullis of London, England, explained the plan of work, and gave the story of Dr. Elizabeth Garrett Anderson, the first English woman doctor of modern times, and founder of the hospital. The memorial proposed is the founding of 50 beds, and it is hoped that Toronto may

raise the necessary sum, \$5000, in recognition of the work of the woman who founded a hospital which is open to women students of the world, and where women from all parts of the world have benefited.

The work of yesterday's meeting was the completing of committees by the addition of the names of representatives of societies and individuals. Dr. Winnifred Cullis on invitation of Dr. Mac-Murphy explained that in England the plan adopted was much the same as that which had been introduced in Toronto. Societies had been approached on the subject, and she herself had told the story of the great work of the woman founder. The chairman announced that a preliminary report of progress would be expected by April 15, the returns to be made by Empire Day.

Among those present were Dr. Stowe-Green, Lady Falconer, Mrs. L. A. Hamilton, Mrs. Arthur Van-Koughnet, Mrs. H. S. Strath, Mrs. Torrington, Dr. Margaret Patterson, Miss Gunn, Miss May Power, Miss Constance Laine.

THE KEWPIE KORNER

By ROSE O'NEILL



"Honor the noble cow," says Kewp, "Who, gentle as a bunny—So freely gives the milk for which Poor people pay big money!"

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SOCIETY

CONDUCTED BY
MRS. EDMUND PHILLIPS

Their Excellencies the Duke and Duchess of Devonshire, attended by Capt. Rickey, A. D. C., were present on Tuesday in Christ Church Cathedral at the special service of intercession on behalf of our armies, engaged in the present great struggle.

The Ladies Blanche, Dorothy and Rachel Cavendish, Lady Spring-Rice, Miss Saunders, Miss Walton and Lord Richard Nevill accompanied their excellencies, and the service was conducted by the bishop of Ottawa.

His Honor the Lieutenant-Governor and Lady Hendrie left town last night for a short holiday in the south.

Col. and Mrs. William Hendrie, Hamilton are at the Chateau Laurier, Ottawa.

Sir N. P. Stupart is at the Chateau Laurier, Ottawa.

Mr. and Mrs. W. B. Maclean have left for Atlantic City. Their son, Mr. Gerald Maclean, returned overseas yesterday.

Capt. A. P. Maclean, P. C., whose assignment to an English girl was recently published in The World, has now been reported missing.

Col. Clyde Caldwell, Ottawa, has recently been appointed to General Gwatkin's staff.

One of the most popular girls in Toronto was taken to her rest yesterday when the death occurred of Miss Jean Alexander, and the utmost sympathy is expressed for Mrs. MacKenzie Alexander, who has had more than her share of sorrow even for these troublous times.

Miss Sarah Laing leaves town on Friday for Northampton to visit Miss Mary Garrett, and with her will spend Easter in England.

Mrs. Harry Tate is in town from Montreal, spending a few days with her husband at the St. Regis.

Mr. Ernest Hall has arrived in town from Montreal to take his daughter, who is at school in Toronto, home for the Easter holidays.

Miss Morgan is spending the week-end with her uncle, Judge McParth, in Grangeville.

Mrs. Arthur Hills, Mrs. Soames and Miss Honor Soames left yesterday to spend a week in New York. Mrs. Hills, sr., is leaving for Winnipeg.

Mrs. George Armstrong, illustrated lecture tonight on the Yukon will be under the personal patronage of Mrs. A. E. Goodenham, president of the Imperial Order of the Daughters of the Empire.

Miss Dorothy Walker is visiting Mrs. Eric Brown in Ottawa.

Mrs. H. S. Oiler has returned from England.

Mr. Frank Carvell and Mrs. Carvell leave Ottawa today to spend Easter at their home in Woodstock, N.B.

Major and Mrs. Joseph Kilgour returned last week from the south.

Dr. Albert Ham is leaving next week to spend a few days with his daughter, Miss Lorna Ham, in the Adirondack, N.Y.

Mr. and Mrs. Moss Sutherland, who have returned from England, spent a few days with Major and Mrs. Kilgour at Victoria, B.C. Their son, Mr. Sutherland, returned with them from overseas on three months' leave.

Mr. Edward Foy of the 1st Battalion has returned from overseas and is staying with his sister, Miss Marie Foy, in Isabella street.

Mr. Eric MacCall has returned to town. Mrs. G. White is in town from Trenton.

There was a large attendance at the musicale of the Women's Art Association, Prince Arthur avenue, yesterday afternoon. The program was arranged by Miss H. Ethel Shepherd, who was the accompanist.

The guests were: Miss Gladys Westaway, Miss Cosy Woods, Mrs. Edward Byrne, Mrs. A. B. Semple, Miss K. McKendry, Miss Esther Cassels, Miss Marion Gunn, Miss Bessie Hutchison, Mrs. Denison Dana, Mrs. Walter Clemen, Mrs. Jessie Renfrew and Miss Edith Renfrew.

Among those present were: Mrs. J. Douglas Cameron, Mrs. A. W. Auld, Mrs. Gertrude Heintzman, Mrs. D. B. Hanna, Mrs. W. D. Hanna, Mrs. D. Mercer, Mrs. W. W. Pope, Mrs. Melville White, Mrs. W. Fraser, Mrs. Wright (Niagara-on-the-Lake), Mrs. Simpson, Mrs. G. B. Bay, Mrs. Joseph Irving, Miss Good, Mrs. Peck, Mrs. John A. Walker, Miss Agnes Dack, Mrs. McDonald, Mrs. James, Mrs. McDougall, Mrs. Vern. McCall, Mrs. Louis West, Miss Rena Thompson, Mrs. Thom Rice, Mme. La Doux, Mrs. Wilson Smith, Mrs. McCrimmon, Mrs. A. Hall, Mrs. Deeble.

Miss Marjorie Forsythe, Mrs. Franklin Keesee, Mrs. Gillies, Miss Dickson, Mrs. Albert Ogden, the Misses Decker, Miss J. Bertram, Mrs. Floyd, Mrs. Wm. Weller and Mrs. D. Moore.

FOLK DANCES EVOKE GREAT ENTHUSIASM

Those Attending Supervised Playgrounds Give Splendid Exhibition of Work.

Demonstration of the fine work being done by the supervised playgrounds of Toronto was given at the Royal Templar Building last night, when, under the auspices of the parks committee of the city council, and under the direction of Chief Supervisor Armstrong, the first annual indoor folk dance competition was given.

Playground centres from all over the city were represented, and many friends of the contestants were in attendance, showing the interest evoked by the event. Twelve numbers, including two compositions which were keenly contested, were given, the whole making a highly interesting and entertaining program.

The entries were not confined to children of school age, and in two or three cases the contestants were announced as working girls.

In "Selling Round" the winners were: 1. O'Neill; 2. McCormick; 3. East Riverdale. In the Welsh dance competition, in which seven centres took part, the winners were: 1. Carlton Park; 2. Rose avenue; 3. Morse.

The "musical dance" by the Oiler centre, the Italian "tarantella" by the McCormick centre, and the "Spanish mazurka" by Rose avenue were all given with grace and precision.

A feature which created a great deal of merriment was the "Oxmanden" given by ten girls from Morse, dressed in pretty yellow and green costume, the dance representing a mock fight and including a variety of striking postures and steps, all splendidly executed.

Another favorite was "The Polka," danced in Victorian costume by the Misses Leona Hall and Minnie Bell of McCormick. The number was enthusiastically enjoyed.

"Clubs" by Morse Park; "If All the World Were Paper," pretty danced by Leslie Greer; the "Sailor's Hornpipe" by East Riverdale, and the dainty "Fairy Dance" by Oiler, completed the program.

Read was chairman, and the judges the Misses B. P. Strigley and E. M. Burker.

THE RED CROSS AT COBALT.

The story of the Cobalt Red Cross Society is told in this issue of The Toronto Sunday World.

Every loyal citizen is vitally interested in the work being done by this wonderful organization. The activities of the Cobalt branch may contain profitable suggestions for Red Cross workers everywhere, and will make illuminating reading for the patriotic citizen, who should have the latch string of his purse always out.

The Sunday World is for sale by newsdealers, and by every patriotic citizen. Read what the Cobalt Red Cross Society is doing.

COLLEGE "Y" GIRLS.

College "Y" girls gave a very successful sketch, entitled "A King's Daughter," under the direction of Mrs. James Culnan, in the West End Y.M.C.A. Those who took part were the Misses Whitmore, Hayward, Smith, Graham, Plimpton, Stewart, Cattell, Irving, May, Robinson, Lunn, Duff, Swin, Quarrington, Stewart, Post, Bachus, Walker, Martin, Robin, Sills and Thompson. Miss Violet Robinson, president of the "Y," presented Mrs. Culnan with a beautiful bouquet of roses. The proceeds are to be used for soldiers' comforts and the extension of Willard Hall, W.C.T.U.

"Mary's Ankles." The successful farce comedy by May Tully, which A. B. Woods will present at the Royal Alexandra Theatre for one week with matinees on Wednesday and Saturday, commencing Monday evening, April 1, with the original New York cast and production, comes to Toronto with less an authority than the critical approval of Allan Dale. Mr. Dale, writing about "Mary's Ankles" in the New York American stated that he found it amusing, full of fresh situations and dash, and that the brilliant New York cast that will interpret the various roles will include Walter Jones, Alvin Belvin, Zella Sears, James Spivey, Leo Donnelly, Mac Melville, T. W. Gibson, Adelaide Prince and J. F. Morrisey. Reserve seats are on sale at the theatre box office today.

HISTORIC PORTRAITS SECURED FOR CANADA

One of Joseph Brant, Now Purchased, to Be Added to National Gallery in Ottawa.

The committee in England, with Lord Beaverbrook at its head, which has raised a large sum of money for the purpose of procuring records of Canada's share in the war, for the founding of a national historical gallery at Ottawa, have, in addition to

this work, lately secured two portraits connected with the past history of Canada which may be said to be quite priceless. The portrait by Sir Thomas Lawrence of Sir Alexander Mackenzie, the great fur trader, who, in the closing years of the eighteenth century, went by land and by canoe

from Montreal to the Pacific, was secured at a cost of £1500. This opportunity arose through the willingness of the family to part with the precious portrait. A few days ago there was also secured at an important sale at Christie's, for 5000 guineas, Romney's portrait of Joseph Brant, painted in the reign of George III, when Brant was being lionized in London. This picture has been traced

and kept in sight on behalf of the Canadian Government for some time, but with little hope of the Dominion ever being fortunate enough to obtain it.

Savory stews and meat pies help meat to go a long way.

A ways look at the clock before putting anything on to cook.

WRIGLEY'S



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Announcements

Notices of any character relating to future events, the purpose of which is the raising of money, are inserted in the advertising columns at 25 cents an agate line.

Announcements for churches, societies, clubs or other organizations of future events, where the purpose is not the raising of money, may be inserted in this column at two cents a word, with a minimum of fifty cents for each insertion.

THE LOCAL COUNCIL OF WOMEN appeal to their affiliated societies and members to observe Good Friday and Saturday as days of intercession and prayer for our success in the world's conflict. The appeal is made at the request of the National Council of Women.

MRS. GEORGE ARMSTRONG will give her illustrated lecture tonight, in the Central Technical School. This will be the last opportunity to hear an intensely interesting lecture.

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HELP TO WIN THE WAR!

Every man, woman and child can help to WIN the War by sending their clothes to be cleaned, dyed and repaired. By doing this you can help to save man power for the production of more food and wool for our boys at the front, and money to help the different war funds.

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Polly and Her Pals

TIME AND LIFE ARE AS NOTHING TO LEM NOW.

By Sterrett



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