

## DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

## The Right Kind of Work the Very Best Aid to Well-Being

By DR. LEONARD KEENE HIRSBERG.

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DR. HIRSBERG

The bow too is easily broken. This is largely true of human fibres. It is, however, equally dangerous to leave the bow four unstrung. The edge of life becomes a sharp blade from disease as it becomes worn from overuse.

The ability of the human fibres to stand off disease, to throw off fatigue and exhaustion depends upon the keeness of their vitality. Even from a lean and low ability in this respect, the human fibres are able to lend something to effort; even an under-nourished, weak or chronically ill individual has some reserve power with which to combat the evil forces of sickness.

Plainly, then, the work or fight law has value over and above directed contributions to win the war. If a man is busy and occupied in the highest employment of which his nature is capable he will live in health long enough finally to die with the consciousness that he has done his best.

Macbeth avowed that "the labor we delight in physics pain." When a man 24 hours after a major operation writes a literary masterpiece and simultaneously makes the heart-racking pains he would otherwise feel, he proves that physical endeavors are a source to unpleasant sensations as well as a tonic to the tissues.

Of course there is such a matter as too much of a good thing and a few misguided persons are as wonderfully expressed in Hood's lines:

"Stitch! stitch! stitch!  
Till the brain beats to swim;  
And work—work—work—  
Till the eyes are heavy and dim."

Happily there are few such cases and health seldom succumbs to overwork. Rather, overwork, too many pleasures, too much fun and other excesses of enjoyment are guilty of serious damage to your better parts.

Work is Medicine.

Well directed labor is frequently the method applied in hospitals for the means to cure melancholia, mania, delusions and lunacy of one sort or another. The urgency of want often conquers pain, privation and suffering, and work does the same.

Though you may have a poor wage, and small thanks for your work, your muscles, your stomach, your intentions, your flesh and blood are given a richer reward in the way of vibrant health.

When Cervantes in his preface to "Don Quixote" jokes fun at the idleness and laziness of the gentleman knights and says "they can expect nothing but labor for their pains," the recent more, perhaps, than he thought. Indeed, a system of therapeutics—the treatment of ill-health—might well be built upon such a method.

Always Be Busy.

Labor is good for pain and trouble. Instead of weaving trellis work or jewelry, as many psychiatrists advise in hospitals, filling the soil digging mines, going down to the sea in ships, making things, selling, factory bonds, manufacturing or selling necessities, building ships and other kinds of useful work are preferable methods.

Finally, merely to perform your

**CIGARETTE BURN**

Men who smoke know how painful a burn of this kind can be. Just smear on a little Zam-Buk and it will give you no more trouble. Even a little burn, if neglected, may develop into a very sore place, as Mr. J. A. Savard, of Doucet, Que., found. He says:

"I burned one of my fingers with a cigarette. I applied some ointment and thought it would be all right, but instead of getting better it got worse, until the sore covered the entire top of my hand. I suffered such pain that I could not sleep, and tried everything I could think of but could not cure it."

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WHERE HE IS

By Winner



There's a tremendous interest these days in geography. Strange names of far places sound on halting tongues and from dusty corners atlases and globes are brought forth that eyes at least may gaze upon the spot on the map where HE is now. Sometimes it isn't simply to discover the place, but when LOVE looks with Cupid's help it's easy to find where he stands, for there HE is also.

## How You May Beautify Your "Housework Hands"

BY LUCREZIA BORI

The Famous Spanish Prima Donna

Many women who are doing their own housework for the first time are complaining against the dirt effect which it inflicts on once lovely hands. A few weeks of housework—and lo, the once white skin and rosy nails are rough and coarse, and distress signals are being sent out. How shall the work-roughened hands be restored to their former snowy whiteness?

Here, also, prevention is better than cure, for with a little attention, what might be called "the housework hand" can be avoided. The hardness and the roughness characteristic of neglected hands comes not from too much housework, but from too little care of the hands that perform all sort of manual labor about the house. Chief of these careless habits is the "soda habit."

It is true that soda is an excellent cleanser for many household purposes, but there is no reason why it should be used for every cleansing purpose in the household, from dishwashing to floor scrubbing.

Of course, occasional immersion of the hands into the necessary tub of soda diluted water will not harm, if it is followed by a generous massage of the hands with a good ointment kept for the purpose. But avoid the soda water whenever you can if you wish to prevent premature roughness and redness.

Housework of itself doesn't "ruin the hands," as I have heard many a young matron declare. It is the too frequent use of alkali washing soaps and the careless habit of rushing out doors suddenly with the hands undried after having them in water.

If your hands are deeply soiled, don't scrub them vigorously with soap and

housework should keep within convenient reach in the kitchen a small stick of cocoa butter. It costs only a few cents, but if you rub it into the hands several times a day after having performed some rough work in which the hands were long immersed in water, the cocoa butter will supply to your dried hands the additional oil which is needed to keep them smooth and pliable.

For the hands that require more thorough treatment it is a good plan to make a special paste, to rub it into the hands at night and then to cover the hands with large-sized gloves. A simple mixture is the following:

1/2 ounce of cocoa butter  
1/2 ounce of almond or olive oil  
1/2 ounce of curd soap  
1/2 ounce of glycerin

Melt in a double boiler and add rose-water to make up eight ounces. If desired, scent with ten drops of oil of orange flower or some favorite perfume.



Where Battleships Become Land Forts in Winter.

The fate of Manchuria, the encroachments of Russia, during many years, and the casting out from that land of the Chinese with a purpose, the situation of this rich province during recent years, are matters that members of the United States Government, and the Japanese, are considering the condition of Russia today. Furthermore, it rises pointedly to mind when looking at the map of Manchuria, and its allies will be to Russia.

This is why it is of interest to remember that not so long ago the United States was compelled to help patrol the seas near Port Arthur, and from this necessity arose—and to other nations there now arises—an interesting condition. Port Arthur isn't a land where the

sun smiles all the year around, nor does the warmth of the sun keep the shores free from ice. In a word, the Manchurian question was and is partly an ice question.

So one winter the need of armed representation on the coast of Manchuria led the United States Government to the Helena, the battleship at New Chang. The best wintering place for a staunch ship that isn't immediately to steam away is a harbor where the ice is in the mud. Our illustration shows how the Helena looked in her mud dock.

She lay there as the visible evidence of the interest and the power of the United States in the Manchurian question. Indeed, she might have been considered as a fort erected on the shores of that troubled land. Then when the spring came and the grip of the cold was released the "fort" sailed away across the seas.

**Good Night Stories**

By Gladys Silver

Illustrated by Gladys Silver

**THE HELENA IN HER MUD DOCK.**

The Helena in her mud dock.

**To-morrow's HOROSCOPE**

By Genevieve Kimble

WEDNESDAY, AUG. 14.

The planetary forces for this day operate with unusual power and influence. While Mercury, "the convertible planet," is splendidly aspected by the Moon, yet its influence is complicated by the prevailing aspects—which do not make for very favorable conditions.

While the faculties and abilities will be keen, alert, and sagacious, external forces may operate to thwart and defer. Under this probability it would be wise to put off important matters until a more auspicious season. Those in employment, especially, must be on guard and refrain from jeopardizing their positions by approaching superiors or seeking favors, promotion or increase of salary.

Those whose birthday it is may be troubled by delays. They must guard their health and positions. A child born on this day will be clever, industrious, and will lean toward the professions, particularly those of a literary nature.

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visit of the Sunshine Fairy. "First of all, we must catch a glint of sunshine and pass it on to others by doing something to make them happy. In other words, polishing their glasses for them." Then—like a puff of smoke—the Sunshine Fairy disappeared.

Doris laughed and ran out to ask her Mamma if she couldn't help her do something. Then she put on her raincoat and ran down to old Granny Hawkins' house, where she found Granny in a terrible case of the worries.

"I guess you caught the glint!" exclaimed Granny. "For I was certainly gloomy until you came. And I guess you must have polished my glass for me, all right, for I can almost see the sun shining through the rain. After all, I guess it's our glasses and not the world that needs attention."

So Granny Hawkins and Doris spent the happiest rainy day they'd ever had.