

NEWS OF SPECIAL INTEREST TO WOMEN

Secrets of Health and Happiness

How Your Body Is Made Immune to Some Diseases

By DR. LEONARD KEENE HIRSHBERG

A.B., M.A., M.D. (Johns Hopkins)

ALL flesh is grass. Therefore whoever can make his body immune to some diseases, will have a better chance of making a whole life of military politicians and aristocrats, but will thus enhance the health and happiness of the human flesh.

Almost every day persons who consult me for all ailments of every possible nature express the opinion, derived from doctors, doctrines or documents, that acids are taboo, because inimical to all the ills that sophisticated flesh inherits or acquires.

Therefore, take deeply to heart—or rather to the stomach—this fact, that acids are not only and almost always harmless, but actually desirable and necessary. Reason and facts should weigh more heavily with everybody than mere opinions, repetitions and traditions, yea, it is not so.

The chance assumption of one Dr. Craig, a generation ago, that all the physical evils in Pandora's box of ills are traceable to "too much acid in the blood," has passed thru the usual gossip mongers' transmutations.

The applause of the crowd does more than make the head giddy and the heart glad; it carries the thing lauded, no matter how absurd it may be, from Dan to Beersheba, and thru four generations.

Similarly with "acid" diseases, acid in the blood, acid fruits and all the other heinous whoops, fire bells and police whistles of ignorant, and therefore alarmed, medical men. For those few who have of late refused to lend their ears to this "acid in the blood" fallacy let full meed of praise and honor now be given.

Men and women with aches, pains and miseries in their joints and muscles, who have under these misguided absurdities shunned fruit, vinegar and other alleged acid foods, should ignore their penitentiary ru-



DR. HIRSHBERG

tions, eat what they crave and demand a full and correct diagnosis.

No human creature can thrive without fruits, yet the fruits are above all things inherently acid. The malle, citric and related acids of apples, lemons, oranges, kumquats, bananas, peaches, grapes, figs, plums, pears and almost all fruits are wholly necessary to sustain that mysterious something called life.

Physicians who impose upon their victims a non-fruit, acid-absent diet are juggling with that most fragile of things, bodily vitality.

Nay, the acid minerals found abundantly in the acid fruits and acid vegetables are the very ones demanded by the fabric of life. The flesh cannot long maintain its health without such acids.

Answers to Health Questions

GRATEFUL.—1. Does cleaning teeth with hydrogen peroxide improve them? I use it once daily.

2. Could you use peroxide to whiten skin tanned by outdoor work? 3. I seem to have an enormous appetite and am hungry two hours after eating a hearty meal. I am never sick. What would you advise?

1. No, it is very beneficial and hygienic, as it kills germs that lodge in the mouth and purifies the mouth in general.

2. Hardly. It would bleach for a time, but constant exposure would soon tan the flesh again.

3. Try a teaspoonful of oxide of magnesium before your meals and drink copiously of water and milk between and during your meals.

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects gratis and of general interest. He will not 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 enclosed. Address all enquiries to Dr. L. K. Hirschberg, care this office.

A. K. WILLIAMS, Toronto, Ont.—What is a cure for receding gums and bleeding teeth?

Have the teeth cleaned; apply glycerine to the gums and take increasing doses of iodide of potassium internally.

CONSTANT READER, Toronto, Ont.—Can you recommend a remedy for speaking thru the nose?

Irrigate the nose and throat with alkaline antiseptic fluid diluted three times in water.

J. G., Toronto, Ont.—My face is very pale. What will make its color normal?

Drink lots of water, milk and cream, and eat plenty of green vegetables, oils, fats, grasses and fruits. Bathe frequently in the sunlight and be in the fresh air as much as possible.

ANXIOUS INQUIRER, Toronto, Ont.—If you will send a stamped, self-addressed envelope, I shall be glad to tell you where you can obtain this shaving powder.

H. J. D., Toronto, Ont.—What is a good treatment for dry eczema of the hands?

The following may be of benefit to you. Apply it morning and evening.

Glycerine 7½ drams.
Tannic acid 15 grains.
Calomel 15 grains.

MOTHER, Toronto, Ont.—1. My nine-months-old baby has a cold in her head. What would you recommend?

2. Recently she fell about two feet with her weight on the back of her head. Do you think anything will develop?

1. Give her one grain of hexamethylenamin every four hours in her milk or water until she is better.

2. Nothing usually does.

R. B. C., Toronto, Ont.—What is the cause of a very bitter, yellow fluid coming when I cough in the morning? I am tubercular. What shall I do to stop it?

Tuberculosis and its symptoms, one of

which you describe, is treated with sleep in the open air, mild exercises in the sunlight if there is no fever; oils, fats, meats and rich foods. Pure cod liver oil should be taken in the evening. The fluid you mention is contagious.

C. RODNEY, Toronto, Ont.—Have hollow and dark circles under my eyes. What will help me?

Obtain more rest, have less worries, eat early, drink plenty of fresh water, and eat lots of fattening foods, such as oils, greases, bread, green vegetables, fish, pastries, gravies, butter and cream. Drink lots of fresh milk and cream.

K. A. P., Toronto, Ont.—1. What is a simple remedy for sore throat?

2. Also a cold.

1. Irrigate your throat with alkaline antiseptic fluid diluted three times in water.

2. Take five grains of hexamethylenamin in a number of water every four hours.

3. Go out among people, join a dancing class, indulge in all sorts of exercises, exert your will-power, and obtain more rest.

COLLINGWOOD, Ont.—Am very nervous, and especially when in company. My lips quiver all the time. What can I do?

This is strictly a matter of training your will-power and muscular movement. Go among all sorts of people more.

A. P. Toronto, Ont.—Would you kindly give me a remedy for weakness of eye?

Bathe the eyes in boracic acid water, and have them examined by an eye specialist.

CONSTANT READER, Toronto, Ont.—Could you give me a remedy for promoting the growth of a mustache?

Apply at night sulphur ointment and vaseline, equal parts.

H. O. R. S., Toronto, Ont.—Will you please tell me what to do for an itch that bothers me mostly at night? It seems to come in the shape of little pimples.

Apply to the pimples, calamine, 3/4 drams; zinc oxide, 3 drams; phenol, 1/4 drams; glycerine, 3 drams; rose water, enough to make 3 ounces.

J. P., Toronto, Ont.—Would you kindly tell me what would improve the growth of the hair?

Sulphur ointment and vaseline, equal parts, rubbed into the scalp once a day.

M. R., Toronto, Ont.—A friend of mine is troubled with a blackening of the tips of fingers and toes, a swelling of the limbs and extreme weakness of the heart and a total loss of sleep. This trouble is about 5 or 6 months old. Would you kindly advise me a remedy for her?

Take her at once to the General Hospital, where she can be given proper treatment by the best men. It would be unsafe to tell non-medical laymen what to do in such a crisis.

You Can Win Beautiful Hands by Proper Care

BY LUCREZIA BORI

Prima Donna of the Metropolitan Opera Company, New York

If you discredit the story that one's hands "proclaim the lady," you have but to recall the case of Mary Queen of Scots, who, when trying to escape from her country in the disguise of a washerwoman, was discovered because a guard caught sight of her well-kept hands.

This does not mean that we should refrain from housework, which does not harm the hands if they are properly cared for. It is quite unnecessary for our hands to proclaim the nature of our work. A little attention given to the hands will keep the skin smooth and white and the nails in an attractive condition.

A Skin Food.

If your hands are scrawny they can be improved by the use of cold cream. This should be rubbed into the skin with a gentle, rotary motion of the finger tips. It is quite important that a good cream be used for the purpose, so I am publishing this recipe for an excellent one.

Cocoa butter 1 ounce
Oil of sweet almonds 1 ounce
Oxide of zinc 1 dram
Borax 1 dram
Oil of bergamot 6 drops

Melt the cocoa butter and oil of almonds in a double boiler, and thoroughly blended add the zinc and borax, stir as it cools, and add the bergamot.

Perhaps your hands are of an unsightly redness. This may be corrected by covering them with almond meal or oatmeal after they have been washed and dried.

Buttermilk is another excellent bleach and may be safely used on the neck and face.

Lemon juice is also an effective whiter of the skin, and should be used undiluted on the hands.

When cucumbers are plentiful they may be cut in strips and rubbed on the hands or the juice may be extracted

from them and bottled. Here are directions for making a cucumber lotion which will soften and whiten the skin:

A Cucumber Lotion.

Cut one or two cucumbers into rather small chunks, without peeling. Put these into a mortar and pound with a pestle (or use a wooden potato masher and an earthenware bowl).

Strain the mixture through a piece of cheese-cloth, squeezing out as much of the juice as possible. Place the residue and the filtered juice in a clean, enameled sauce-pan, and simmer (not boil) for 10 minutes.

Restrain the mixture, add a finger spoonful of one tablespoonful of half a pint of the strained liquid.

Strain and use on your face or hands. It is a good plan to wear gloves at night after applying cold cream to the hands. To give ventilation, the tips of the glove fingers should be ripped and a small piece should be cut from the palms.

When doing your household wear gloves whenever you can, particularly when sweeping or dusting.

Now let us devote a little attention to the nails. If the cuticle around the nail is rough or creeps up so that the half-moon at the base of each finger is hidden, a little cold cream should be applied to the finger tips and held in place for a few minutes every night.

Remove the cuticle with a finger nail, and apply the cold cream to the tip of the nail with a bit of absorbent cotton, about the pointed end of an orange-wood stick. Never use a steel instrument on the nails.

To cleanse the skin beneath the tip of the nail twist a bit of absorbent cotton, about the pointed end of an orange-wood stick, dip it in peroxide and insert it under the nail.

If you have been blessed with well-shaped, smooth hands, cherish and protect your heritage. If not, improve their condition by following the above directions.

Miss Aid, assisted by members of the Swedish Baptist Church, Scandinavian children will be welcome.

SUIT FOR DIGGING WELL SETTLED OUT OF COURT

Farmer Would Not Pay Because Flow Was Not Forthcoming

In the county court yesterday before Judge Denton S. Brown, a well digger, brought a suit against L. Paisley, a farmer, for \$218, alleged to be due for the digging of a well on defendant's property. He refused at first to accept \$170 paid into court, but yesterday he agreed on a settlement by which he receives \$130 and pays his own costs.

Paisley contended that the plaintiff had not completed the work and had failed to secure the flow of water guaranteed. It was also stated that Brown had offered a cast iron cap to the well, making it impossible to sink it deeper so as to secure a good water supply.

CHRISTMAS TREES BRING CHEER TO LITTLE ONES

Patriotic Societies Are Active in Holiday Spirit.

Members of the Sir Henry Pellatt Chapter gave a Christmas tree and provision for Christmas dinner to the little foreign children in the Carmelite home on Ossington avenue.

Working thru the Patriotic Committee the ladies' committee of the Civil Service Association of Ontario, a number of families have been given a supply of food and clothing sufficient to put them over a good number of days of this cold season of the year.

The patients of the camp hospital at the Exhibition grounds will be given a Christmas dinner by the members of the Women's Liberal Association.

A children's entertainment will be given tomorrow afternoon at 2 o'clock at the Ossington Avenue Baptist Church corner of Bloor and Ossington avenue, by the Swedish Lad-

ies Aid, assisted by members of the Swedish Baptist Church, Scandinavian children will be welcome.

SUIT FOR DIGGING WELL SETTLED OUT OF COURT

Farmer Would Not Pay Because Flow Was Not Forthcoming

In the county court yesterday before Judge Denton S. Brown, a well digger, brought a suit against L. Paisley, a farmer, for \$218, alleged to be due for the digging of a well on defendant's property. He refused at first to accept \$170 paid into court, but yesterday he agreed on a settlement by which he receives \$130 and pays his own costs.

Paisley contended that the plaintiff had not completed the work and had failed to secure the flow of water guaranteed. It was also stated that Brown had offered a cast iron cap to the well, making it impossible to sink it deeper so as to secure a good water supply.

Mr. (or Miss) Wage-Earner:-- who gets your Laundry?

You represent the controlling force. Without you the wheels of commerce would cease to turn. Yours is the final decision in every matter that concerns public welfare, and you could, if you worked together, create in a day enough work to employ more than four thousand of the workless men and women of Toronto in the local Canadian laundries.

Although this is a possibility, it is highly improbable that you can be influenced to do this in a day, a week, or a month, as it requires time to educate you to the appalling unfairness of the local laundry situation; but the most gratifying Christmas message we can give you is the statement of FACT that much of the work that was enriching alien Chinese is now providing employment for men and women of your own race, and every day is bringing its increased quota of laundry parcels.

Where does your parcel go to? If it isn't helping this good work along, make the change now—see that your NEXT parcel goes to a CANADIAN laundry, and that will be a Christmas Box of far-reaching benefit to those of your own kind who need your help most.

Toronto Canadian Laundrymen

SOCKS GO FORWARD TO BOYS AT FRONT

More Than Two Thousand Pairs Despatched to France Via St. John.

In response to an urgent emergency call a shipment of 2303 pairs of socks and a pair of blankets has been sent to St. John for France, the socks having been gathered thru a call made by Mrs. A. G. G. to the daughters of the Empire and personal friends, need of the soldiers at the front for these articles having come to hand thru a letter written by Dr. G. G. G. to his mother. The expense of shipment is being paid by Mr. J. G. G. of Palmerston avenue, father of the doctor.

Lieutenant Dr. Archie G. G. is a young Toronto surgeon of whom the city has every right to feel proud. He graduated from the University of Toronto in 1905 and afterwards spent five years in the hospitals of Toronto. He was put in an additional five years in the trenches of the war, being with the 1st Canadian Division Expeditionary Force, that for the men, nearly two hundred of whom were suffering from frozen or otherwise disabled feet.

WILL DIRECT CLASSES OF SUB-NORMAL CHILDREN

In accordance with the school act of last session making provision for the training of sub-normal children, Dr. Helen MacMurchy has been appointed inspector of the auxiliary classes. Students who are physically or mentally defective are unable to progress in ordinary classes will be looked after in this way.

This work falls directly under the education department and the new inspector will consult with school boards respecting the establishment of these auxiliary classes.

MUSEUM WILL BE OPEN.

The Royal Ontario Museum will be open to visitors from 1 to 5 p.m. on Christmas Day.

SUGGEST DETENTION HOME FOR ABANDONED CHILDREN

Grand Jury Recommends Change in Children's Aid System.

The grand jury's presentation to Judge Coatsworth yesterday emphasized the need of a detention home for friendless and abandoned children under the jurisdiction of the juvenile court. Children of delinquent parents are at present made wards of the Children's Aid Society, and if the parents become reformed their children are lost to them forever. This appeared to the jurors to be very severe. They suggested that the children be placed in a home as wards of the juvenile court until it was established that there was no hope of reformation on the part of the parents.

His honor noted the suggestion and promised to lay it before the attorney-general.

The jurors recommended the installation of electric lighting instead of the present unsanitary gas in the corridors of the jail.

Thirty-one indictments were presented to the grand jury and twenty-five true bills and six no bills were returned.

NEW YEAR'S F. TROTIC CONCERT.

Mr. Campbell has secured an "all star" company for his annual concert in Massey Hall on New Year's night, and the special program he has prepared promises a most enjoyable entertainment. The advertisement which appears in another column, under the heading of "New Year's Entertainment," gives full particulars. The plan will be opened at Massey Hall, and at Nordheimer's music store on Monday morning next, Dec. 28th, at 9 o'clock.

The Triple Coupon

with two others, bearing consecutive dates, will enable the bearer to obtain any one or the entire three of the following suitable Christmas Gifts.

Larned's History of the World

FRIDAY, DECEMBER 25

In five volumes, for that Schoolboy or Girl.

A \$12.00 set, for only \$1.00.

Heart Throbs

The \$10,000 Prize Books in Two Volumes

A \$3.00 set only 90c.

Modern Dancing By the Castles

Now only 54c.

If by mail add for parcel postage on 1st zone, 2nd zone.

Larned's History Set 15c 42c

Heart Throbs Set 7c 12c

Modern Dancing 5c 10c

Present or mail to The World, 40 Richmond street west, Toronto, or 15 Main street east, Hamilton.

The Triple Coupon---Clip it Now

That Son-in-Law of Pa's

