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# \* DAILY MAGAZINE PAGE FOR EVERYBODY \*

Secrets of Health and Happiness

## If Common Sounds Annoy, Your Hearing Is Imperfect

By Dr. LEONARD KEENE HIRSHBERG A. B., M. A., M. D. (Johns Hopkins).

Copyright, 1914, by L. K. Hirshberg. HERE is no doubt that everybody is intensely con-

cerned with his hearing. If a crust of wax, a particle of dirt, a bug bacteria, or a "noise" interferes with your sense of hearing, Old Nick is in a fair way to seize you for your evil thoughts.

The perceptions and impressions received through your ear differ from those received by your neighbor. No two people hear exactly alike, even when a clock tolls the

Sweet is every sound, saith the poet. Sweeter the voice, but every sound is sweet, myriads of rivulets hurrying through the lawn, the moan of doves in immemorial elms and murmuring of innumerable bees. Perhaps there is nothing that appeals and saddens more by night, as well as day, than an enormous silence DR. HIRSHBERG

without a sound to break the lifeless splendor of the whole. Mirth and music depend for the cheer they give upon a clean auditory sense and perfect hearing. Even Orpheus, whose golden touch could soften
steel and stones, make tigers tame and
phake huge leviathans forsake unsoundmake huge leviathans forsake unsound-

musical provocation. Church organs are particularly obnoxious to certain and make huge leviathans forsake unsounded deeps to dance on sands, needs make an aweet music for the deaf.

In some persons the sense of hearing differs in one ear from that in the other. Dr. Heldmann of Vienna treated two musicians, one of whom always perceives in the affected ear, especially during damp weather, tones an octave lower than in the other ear.

Other musicians under like conditions perceive tones an octave higher. Dr. Cheyne reported a patient whose veins when he heard drums beaten, would spurt blood with great force.

Other physicians report sufferers with deafness who are relieved only when bass drums are banged.

There are instances of strange auditory idiosyncrasies, which resemble those of sight. Just as the sight of names a black cat, or a white-robed figure at night, sends some women into hysterical convulsions, so the rustling of olied silk, the sharpening of pencils, squeaky wheels, shritcking infants and grate-like noises affect many.

A gentleman at the court of the German Emperor has nose-bleeding whenever heard a clap of thunder or some of the passages in Tristan and Isolde.

When a certain chaplain in England hears the 53d chapter of Isaiah, as well as verses in the Kings he always has a sensation of ley frigidity at the top of the beard aroused to violent behavior at the boundard of the court of the German Emperor has nose-bleeding whenever according to Dr. George M. Gould, could not endure the bland founds of music, although he experience, means some trouble in the auditory ravine.

Any of these unusual conditions, any of these unusual conditions, of sounds with personal experience, means some trouble in the auditory ravine.

Any of these unusual conditions, any of these unusual conditions, some trouble in the auditory ravine.

Answers to Health Questions

S. W. Indianapolis Several doctors say I have chronic indigestion. Am very gassy and nervous.

Suppose you eat your heaviest meal at breakfast. Go lightly

als head.

It is no unusual thing to find certain sople aroused to violent behavior at e sound of a tenor voice or a cornet. These the filing of a saw or the scrapa of a soap-stone slate pencil are armonious.

Dr. Pope could not magine music proteing pleasure, and Dr. Fischer, as this office.

Charity lays the rough paths of peev-

Miss Leond Dalrymple, whose striking series of real life character studies. Stone and chop very fine one pound of new appearing on this page, has won more than a local reputation on as a cook. In fact, she spends almost as important in the ritichem as she does in her library. The following recipes, which she has elected from the long list of a pound of flour, thorowythy kneeded for culinary successes, are certain to interest the housewife who looks for "committing better—and different."

CREAM OF CHESTNUT SOUP.

Shell and blanch a pint of chestnuts: cover them the a quart of boiling water; add some chopped calery, a silved of onlon, a bay leaf and half a teaspoonful papinka. Boil graphly for 39 minutes, then press through a colander and add one point and stir into-it-two rounding tablespoonful soft butter and one of flour rubbed to a smooth paste, then stir until the mixture is very smooth. Add a level teaspoontial of each of chicken stock and milk. Bring slowly to the boiling point and stir into-it-two rounding tablespoonful of salt, sare platfer and beat with a wire spoon as mooth paste, then stir until the mixture is very smooth. Add a level teaspoontial of salt, the mixture is very smooth. Add a level teaspoontial of each of chicken stock and milk. Bring slowly to the boiling point and stir into-it-two rounding tablespoontial of salt, salt through a silence of the counting tablespoontial of salt that the same of the counting tablespoontial of the clean broom straws of parts of the cases of the counting tablespoontial of salt, sare platfer and beat with a wire spoon egy-beater—our ancestors, be it said, succeeding the plant of clean broom straws of parts of the cases of the same counting tablespoontial of salt, salt through a silence of the same counting tablespoontial of salt and the plant of the cases of the same counting tablespoontial of salt and the plant of the cases of the same counting tablespoontial of salt and the plant of the cases of the same counting tablespoontial of the cases of the same count

### Earning the Right to Live and Be Happy By WINIFRED BLACK

Leona Dalrymple's Own Recipes for Menu Features



purse from a woman in Paris sent to jail and get something to eat her to run away and not bother him.

mob of howling fanatics and laughed earn enough money to buy himself a

Poor viscount. I'd rather be named John Smith and never go beyond the. be cursed with a heritage like his. to take. I suppose sometime his mother smiled and told her friends proudly what

teaded little boys at home were dreamers, too. some of them sell wine for a living, and some command broad acres, and Dreamer." And from the look in her eyes, when some one happened to some sit in cages and cash checks for other people. But, whatever they do, mention his name, I think she does. that right.

Oh, these dreamers we hear so much about—what is it the verse says.

The dreamers live forever while the workers die is I day.

I'd rather live one day as the worker lives, making by right honestly to live in an honest world, than to live forever with my head in the clouds

The dreamers and that would grate terribly upon his sensibilities.

The Dreamers wife says she's going to educate her little boy to be a plumber. Plumbers have no time for dreams.

I'm afraid I think she's rather a sensible woman.

I wonder if the Viscount Charles Enguerrand de Marigay doesn't wish get a little common sense into my dreaming head. I knew a boy once who used to sit and watch the clouds float over the

THE Viscount Charles Enguer- eyes, and we used to watch him lying flat on his straight little back watching rand de Marigay snatched a the white clouds-sailing-sailing.

He will be a great poet, we said-see what a dreamer he is; and when his the other day-so that he could be plain little sister tried to make him get up and play horse with her we told I saw the "dreamer" who used to watch the clouds the other day.

He was sitting in front of a splendid fire, watching the flames turn fron position and courage; he was a real yellow to red and from red to rose and from rose to magenta. Dreaming hero in the last Morocco campaign— was he, and his eyes were as beautiful as ever—but there was something he rode straight into the face of a selfish and cruel and very weak about his mouth

. His plain sister was out in the kitchen getting dinner for the dreamer, when he did it; a dozen times he dis- and I'm very much afraid that she had paid for the food and for the roof tinguished himself for gallantry upon over their heads and for the very wood that made such a beautiful fire for the field of battle. And yet he couldn't the dreamer to sit by and do his dreaming.

of He Knew Something Useful.

He married early, did the Dreamer. He was in love with three back of the grocery counter than to different girls when he married and had a dreadful time deciding which one

One of the girls that he didn't marry almost died of humiliation and "dreamer" her little boy was. And all the friends wished that their bullet- chagrin when she found that her dreams were not the same as his. I saw her the other day, a rosy, happy wife and mother. She ought to And now the bullet-headed little boys are grown up, I presume; and thank Heaven every day of her life upon her knees for her escape from "The

The girl the dreamer married? Oh, she's at work somewhere earning a living for her little boy.

The Dreamer is very fond of the little boy. He writes beautiful verses about him, but he never sells the verses. He feels that that would be commercializing his creams and that would grate terribly upon his sensibilities.

The Dreamer's wife says she's going to educate her little boy to be a plumber. Plumbers have no time for dreams.

and somebody walking the floor somewhere trying to think of some plan to that his mother had him taught how to make wash tubs, or the best way to clean a kitchen sink.

If she had, he wouldn't have been obliged to snatch a woman's purse and sky. He was very little and very beautiful, and he had large dreamy blue get sent to jail in order to find a decent meal and a place to sleep.

#### TRAVEL CHEAPER THAN IN EUROPE

Booklet Issued by Union Pacific Details Advantages of Seeing America First.

A profusely illustrated booklet entitled "America and How to See It," which deals with the subject in a very clear, concise and comprehensive manner, has been issued by the Union Pacific Railway system. It deals with the attractions offered in a domain 1500 miles from north to south and 3000 from east to west, with an are of more than 3,500,000 square miles. A strong point made is that a land whose offerings are sufficient to compel the European to spend the time nd undertake the long journey to reach before arriving should comalready here, and to whom such knowledge is of much greater import-

A comparison given of the expens attached to European and American travel goes to show that the accomodation and service in America is it modation and service in anything superior to that of Europe anything superior to that of Europe while the cost is not as high. The mileage cost of travel is about a third less here than in Europe. The booklet shows a variety of routes which may be taken and gives a very complete list and a concise description of the places of interest to be visited.

NEW FIRST-AID.

Eleven motorcycles with sidecars have been installed in Chicago for enabling solice surgeons with lungmotor equip-tion to reach, in the shortest possible time, victims of asphysicion, electric shock, drowning and other classes of accident in which it is possible to restore life by means of artificial respiration. Motorcycles have been adopted for this service because they are capable of high speed and can be handled in close quarters at a higher speed they would be artifiers at a higher speed. ters at a higher speed than would be safe with an automobile. The machines are distributed at police stations in such a way as to cover the city effectively, and each is kept laoded with a lungmotor and other first-aid appliances, so that it ill be ready to answer a call instantly These machines are capable of carrying three persons with all equipment, at the rate of a mile a minute.—Popular Mechanics Magazine for April.

NEW COAST RAILWAY.

VICTORIA BC. March .—The bill providing for an extension of the Pacific Great Eastern in a northeasterly d'rection, into the Peace River country for a distance of 330 miles, was introduced in the legislative assembly. The bill provides for a new bond guarantee for the new extension of \$35,000 per mile at 4½ per cent. A further provision is made for an increased bond guarantee of \$7000 per mile on the main line of the Pacific Great Eastern, already projected from Vancouver to Princa George. The total bond guarantee given the Pacific Great Eastern amounted to \$11,960,000 at 4½ per cent, the mileage covered being \$10 miles.

EDMONTON, Alta, March. 16 .- J. Cornwall Fraser, a member of the tribe of blonde Eskimos living at the mouth of the Mackenzie River in the 69th parallel of latitude, has commissioned a local trading company to ship a typewriting machine, with the latest approved attachments, to his hut on the roof of the earth, 2,200 miles north of Edmonton. Fraser, who is a trap-per, hunter and pathfinder, was edu-cated in an English mission school at Point Barrow, one of the northern outposts. He has never been south of the 65th parallel, inside the Arctic circle. Officers of the trading companies operating in the district report he is one of the best posted men in the far north country. He speaks and writes the English language fluently, and is familiar with conditions and affairs thruout Canada, the United States and Europe, as the result of wide and varied reading of newspapers

be adapted to meet the requirements of the whole city, taking in an area of 25,000 acres, and must indicate a general plan from which the final details plan did not meet with the approval increasing value of public timber is, graphical centre of the city was in—

stumpage Value. dicated by the crossing of 101st street with 101st avenue. These thorofares were formerly known as Jasper avenue and First street.

WASTE OF NATURAL GAS.

The loss of gas from flowing oil wells in one district of Okiahoma, according to government statistics, equals in valuate oil that is secured. Millions of dolars worth of this almost perfect fuel is wasted each year thru negligence and in difference. A hundred million cubic fee of gas escapes into the air every day in Okiahoma aione, wo this 20 dolars. 

"You say you used to have a pro-fession, my good man?"
"Oh, yes lady, I used to manu-facture petticoats."

# BLONDE ESKIMO SENDS FOR TYPEWRITER IN FAR NORTH. PRAISE MINISTER

New Statute of British Columbia Satisfactorily Received by Many.

VICTORIA, B.C., March 19 .- Many are the complaints received by Hon. William R. Ross, minister of lands, for the timber royalty bill, in which the principle of profit-sharing in the timber resource was a feature. Prominent Canadians and residents of the United States, including members of the cabinet of that country, have sent letters warmly commending the new

Hon. Clifford Sifton, president of the EDMONTON TO OFFER PRIZE
FOR ST. NUMBERING SCHEME.

Canadian commission of conservation, writes congratulating the minister of lands, and says: "I have repeatedly EDMONTON, Alta., March -Of- said during the last year that British ficial announcement in made by Chas. Columbia was the most advanced province in the Dominion so far as Ed. K. Cox, city clerk of Edmonton, that the council is prepared to offer protection was concerned, and I may now say the same thing in regard to scheme for naming and numbering the streets of the city. The scheme must be adapted to meet the reconcernets.

may be readily worked out. The competition is open to the world. Every scheme submitted must bear a nom de express my pleasure at the great proplume and the contestant's name and address, sealed in a separate envelope. The streets were renamed during congratulations. The recognition of treets were renamed during congratulations. The recognition of the right of the public to share in the

Stumpage Value.

The secretary of the department of agriculture of the United States writes: "The plan of readjusting stumpage values of timber at stated intervals in sales from public lands whereby the public will derive a fair share of the increase in lumber values is one with which I am in hearty accord. You will doubtless be interest. cord. You will doubtless be interested in learning that a provision of this character is included by this department in all contracts for sales of timber from notional forest lands where the period of contract is in excess of five years, and that it has been accepted as equitable by timber operators. I feel that you are to be heartily congratulated on this pro-gressive legislation."

A "glass snake" is found in Arkarsas. This creature is 12 to 18 inches long, gray in color, has a small mouth and travels by making its serpentine curves vertically in-stead of horizontally. If picked up by the tail that appendage may be snapped off in sections-hence its name. The joints that have been snapped off are dry, there is no blood to be seen and the space between the backbone and the skin is empty. Hints on Beauty

### Cheer and Fresh Air **Beauty Aids**

By MAGGIE TEYTE

Prima Donna Chicago-Philadelphia



F RESH air and happiness," was the answer I received from a woman who is as healthy as she is atttractive, when I asked her for a beauty "We do such

lot of talking about the breath of life'. MAGGIE TETTE and seem to have

us. We really starve for air. If air were costly, I think we would have a better appreciation of it. We are all prone to undervalue what is free. No one may dare hope to be beautiful or well who has not the knowledge of breathing.

"And no one can be really lovely without a happy heart. Happiness is the supreme beautifier. It is a glorifier."

I add a hearty indorsement to this voman's opinions. Until we learn to breathe we are

Until we learn to breathe we are vasting time trying to achieve beauty. This is most particularly the time of the year when we need to clear our lungs of all impurities and fill them with tresh fuel.

Science has figured that each and every adult needs 2000 cubic feet of air each hour. Less than that means creathing over stale air and storing the system full of poisons. It means making the nicest kind of a nesting place for germs. It means dulling our minds and weakening our bodies and making us generally inefficient.

It means having bleary eyes and sale

generally inefficient.

It means having bleary eyes and sallow skins and pimples and red noses and colds. There is no beauty lotion made strong enough to undo the damuge worked by breathing bad air.

There are many rules for what is known as "rhythmic breathing." Of them, I think the best is to inhale during the time of seven heart-beats and hold the breath during four, Then canale during seven and rest, relaxed, during four. If you will try this a few cxhale during seven and rest, relaxed, during four. If you will try this a few times, you will catch the fascination of h. It will give you the sensation of new life and energy and set your being in harmony. Don't think to snort in a whiff of air and use muscular contraction to pouch out the chest means deep breathing. Real breathing means gradually filling every cell of the lungs and setting the effect of the lungs and setting the effect of the breath way down in the waist muscles.

As for happiness, it is a beautifier because it sets the body and mind in tune it stops worry. It alids digestion. It changes the expression of the face Perhaps it is not possible for all of us to be perfectly happy, for the gift of perfect happiness is not given to many but I do contend we can all make the effort to be cheerful.

Advice x x to Girls By Annie Laurie

My Dear Miss Laurie:

I think you are the one who can heip me most in this affair.

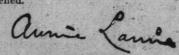
I am deeply in love with a man I am deeply in love with a man several years my senior and he says age does not matter. I feel that way about it, too. I believe he thinks a lot of me, for he tells me so himself, and I just think the world of him. Does it do any harm if I show him my regard. I am afraid if I don't show it he will think I want to be clear of him, and he might leave me. Please do advise me how to act sincerely yours, BROWN EYES. P. S.—He is 25 years old and I am 18.

HY, Brown Eyes, you gaw me quite a shock. I was just going to write you a deep deadly serious letter all about De cember and May and how terrible was for them to try to marry each other, when I happened to see you little whispery postscript.

"He is 25 years old and I am 18." What fearful difference do yes think eight years makes between you in the name of common sense? Most men are younger at 25 anyway than a girl is at 18. Men are never muck more than grown-up boys-sh-h, that's a secret and a very valuable one; don't ever let a man know that you know it. And 25, why, I thought by the way you spoke he was 70 al the very least.

Don't you know that most men don't know their own minds at all until they're at least 25, and haven's you heard that in most highly civilized communities the girls do not marry these days until they are some, where between 25 and 30? What on earth would you want with a boy of 18, tell me, pretty maiden?

Why shouldn't you show him you like him, if you do like him; if he is in love with you why shouldn't you be with him-if he intends to marry you? But I wouldn't do too much presentgiving if I were you; that's the man's part of the courtship. Let him do the giving and you do the thanking. Don't be worried-he won't "leave" se easily as you fear. Love is just about he strongest chain there is, and where t binds there is little that can be



A snail can travel a mile in fifteen days—such is the calculation—deby a civil engineer of Tewcastle,

## resence of cheerful people. Why not nake earnest effort to confer that as much a part of friendship to be delicate in its demands as to be ample in its performances.—Boyes. Three Minute Journeys A City Hewn Out of Rock

Sayings of Wise Men

Man while he loves is never quite de-prayed.—Lamb. There is one road to peace, and that is truth.—Shelley.

A man's own good breeding in the best lecurity against other people's ill-man-lecurity against other people against o

Charity lays the rough paths of peev-sh nature even, and opens in each heart tittle heaven.—Prior,

The nightingale sings me when sum-mer nights are silentest, and the stars tremble, listening to her tale.—Bulwer.

You find yourself refreshed by the We should remember that it is quite

By Jonathan MacFarland ful age of engineering. Our

tall buildings are remarkable schievements, and they have a cerain artistic value that is supplied by tothing else in the world. But the nost wonderful buildings I ever saw vere in Asia Minor, in the ancient sity of Petra. Now Petra is not what you would

tall a tourist town, for although it s hardly more than 100 miles in a traight line south of Jerusalem, the rip from the Holy city, there and tack, takes at least 12 days. The ailroad doesn't go all the way, by my means, and a good part of the ourney has to be made on horse-

If you had to go to Petra on foot it Fould be worth while, for you find there a collection of great temples, palaces and theatres, as well as louses that were used as dwellings, sarved out of solid rock. Two thou- of seats, and that more than 3000 cols... The very magnitude of the an applauding audience. For's strikes awe into the beholder. I don't know what the performald Roman temple, 102 feet high, gave their seal of approval. if preservation. There is one room in world when it was



and years ago, when this city be- people could see the performances pan, the builders used chisels instead that were given there so many cenif bricks and mortar, and what re- turies ago. It is very quiet there nains of their work shows how now, though, and it needs a vivid skilled they were in the use of their imagination to people the place with

nut it is very beautiful as well, which ances were, but I suppose that when be pyramids and some others of the the Romans ruled there they were seven wonders of the world are not. entertainments made up of combats Think of a facade like that of an and pageants such as the Cesars

arved in perfect proportion in the There are excavations, houses and ace of a rock cliff. And to add to tombs without number, and some of he amazement that is caused by this the sepulchres are splendid examples milding, known as Pharaoh's treas- of architecture. The city must have rry, it is in an almost perfect state been the most wonderful place in the he treasury that is 40 feet square. Even now, depopul to 1, marred by Not far from this great building is time and the elements, and overgrown he amphitheatre, carved in a semi- with weeds, it stirs and fascinates a drele out of solid rock. I simply nothing else I have ever seen an't give you any idea of the place, 'And I doubt if we'll ever carve scept to say that there are 33 tiers 50-story building out of a precir.

ANTHOLOGY PARODIED. The "Moxford Book of English

The "Moxford Book of English Verse," is a collection of parodies modelled on the works of the poets whose verses embellish the popular anthology "The Oxford Book of English Verse." Here is a sample of Goldsmith re-written:

When lovely woman! feeling jolly, But finds, alas! her hair turns What wash can soothe her melan-

What soap can drive the gray The only art her age to cover, To hide the truth from every eye,

To have a young man as a lover, And him to marry is—to dye. Wordsworth's "My heart leaps up when I behold a rainbow in the sky"

is thus perverted: A mince-pie on the table. So was it when my youth began, So it is when I am a man, If I am able.

The Boy eats faster than a Man, And I could wish my meats to be Bound each to each by rich mince-Many of the pieces are more or less topical; Chaucer and Burns deal

with golf, Marlowe invites: Come live with me and be my Love, And we will all my treasures prove With lunch and dinners, plays and

> Sir Walter Scott sings: O George Bernard Shaw he came Thru all that wild country he said 'I'm the best;"

And all the naughty music halls.

And save his good broad pen he backers had none, He came all unpraised and he came on his own. So sceptic of love, and a critic of law, .There never was scribe like to George Bernard Shaw.

BUILDS PLEASURE RESORT.

Customer (trying on dress suit, jokingly): "I hope I'll never be mistaken for a waiter."

Tallor: "When in doubt, keep your hands in your pockets!"