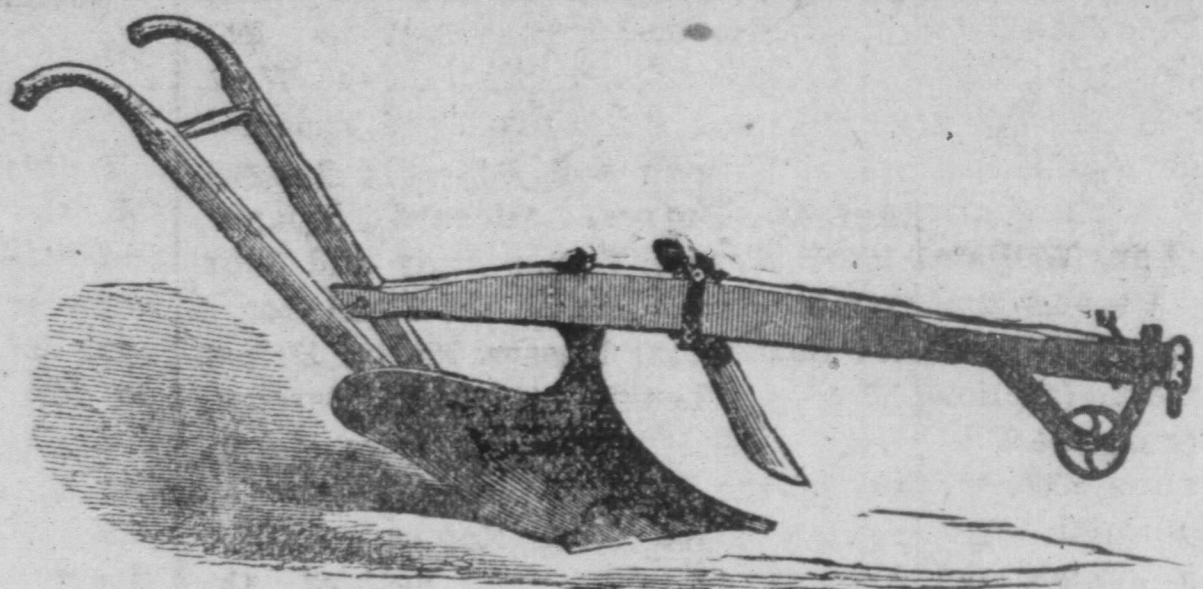


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*Secrets of Health and Happiness*

**Proper Food for Another  
May Be Poison for You.**

By Dr. LEONARD KEENE HIRSHBERG

A. B., M. A., M. D. (Johns Hopkins).  
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Do you believe everything you are told? Do you believe nothing you hear? Modern science takes its cue from Galileo and Sir Francis Bacon.

Its dictum is: "Take nothing for granted. Try each thing for yourself." Then it falls at all dottered philosophers and transcendental ascetics who sit in the third floor back, there to reason things out.

Suppose the whole sublimary population were to be dominated by dogmatic science. Then you would, perforce, be compelled to try each experiment and experience for yourself.

What, then, would happen? You would hear that true, microbe hydrophobia was always and absolutely fatal. "I must try to find out," say you. Then you would inoculate a dog with the spinal fluid of a victim just dead, and allow the rabid dog to bite you. You would die!

Then others would do the same and the race would be annihilated. Or you would ignore the signs of cancer. Perhaps you and the rest of mankind would yourself test prussic acid, malignant diphtheria, pneumonia, carbolic acid, pistol wounds of the heart.

Yet, this is what science, according to certain men, would have you do. "Take nothing for granted. Try everything yourself," say these clinical professors. Thus would the dogmatists cadde the glory of life.

Even bees, the little slavers of stinging bowers, know there is richest juice in poison flowers.

Some Foods Poisonous. But they are not so foolish as to exterminate their own little populations by trying each thing for themselves.

Even the ancient kings were wise in their generation. The cup-bearer was compelled to taste of the beverage first. The host needs must partake first of the viands to indicate the absence of deadly drugs.

The surest poison is time, but there are many more sudden ones. Anything which tends to interfere with health, or to destroy animated textures in plants or animals is a poison.

The food that is as luscious as locusts to you at one time may be as bitter as colostrum at another. Mild, careful discreet feeding may be fodder, yet the patulum may choke and gorge you in truly poisonous manner.

A fat trip, finely boiled may be a caviare to a German or a Russian, and a choleric toxin to an American or a Frenchman.

The foods of the mothers may be the poisons of the daughters; what is medicine to one is disease to others.

A philosopher may have many antidotes to what he calls the poison of the fango, but the poisons of pleasure or the strychnine, curari, or hushan Curari arrows are ambrosia and angels' food to vibrating youth.

A dish fit for the gods may be poison to the hounds, but just as brown bread is good fare, so bichloride of mercury, arsenic acid, cyanide of potassium, carbolic acid and the other "medicinal" (7) bacterial and animal poisons are tormentingly fatal to all living things.

Common Antidotes. Limbus satuorum—borderland of fools is the name given by the schoolmen to that frontier and paradise where dwell lunatics, fanatics and idiots.

It is in such a place that all would-be poison-takers should be. There is no physiological or economic justice which can commend the ingredients of the poisoned chalice to the lips.

The poison of diphtheria, lockjaw and the venom of snakes is now combatted with anti-toxins. Whiskey augments the actions of all poisons but carbolic acid. It and alcohol are the antidotes of that drug. Never give whiskey for snake bites. It destroys what little chance there is for help.

Opium poisoning and mushroom—toad-stool-poisoning is combatted by coffee or caffeine and belladonna or atropine.

Bichloride of mercury or strychnine.



DR. HIRSHBERG

**Answers to Health Questions**

Mrs. G. N., Philadelphia—I'm short and stout and 42 years old. My ankles turn easily, too. I have three children and work hard. Am cross and nasty.

You have every right in the world to be cross and nasty. Anyone who works as you do with as large a family should be allowed to be irritable.

Stop eating cabarets, soups, milk, tea, coffee, bread, suet, pork and sausage. Drink lots of buttermilk whenever you can get it. Avoid all sweet and starchy foods and do not eat at all after 6 o'clock in the afternoon. Make breakfast your one big meal.

S. S. Hamilton, Canada—It is hard for me to breathe when I get up in the morning. Doctors say I am well, but do not help me.

Sleep in a cold room with the windows wide open under plenty of covers. Do not jump out of bed when you awaken in the morning. Lie there calmly for a time. Take a tablespoonful of milk of magnesia at night and another in the morning.

Anxious to Gain Knowledge—What is a good corn cure? Can gas be in other parts of the body outside the digestive canal? What causes large surface veins? What causes nose bleed? Would improper food in childhood cause curvature of the spine in an adult?

Ten grains of salicylic acid in one ounce of colloidion.

No, except from the disease due to a microbe.

A sedentary life and poor health.

Yes.

Dr. Hirschberg will answer questions for readers of this paper of medical, hygienic and sanitation subjects that are of general interest. He will not undertake to prescribe or for 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 inquiries to Dr. L. K. Hirschberg, care this office.

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BUSINESS.

"I see you have chicken for dinner."

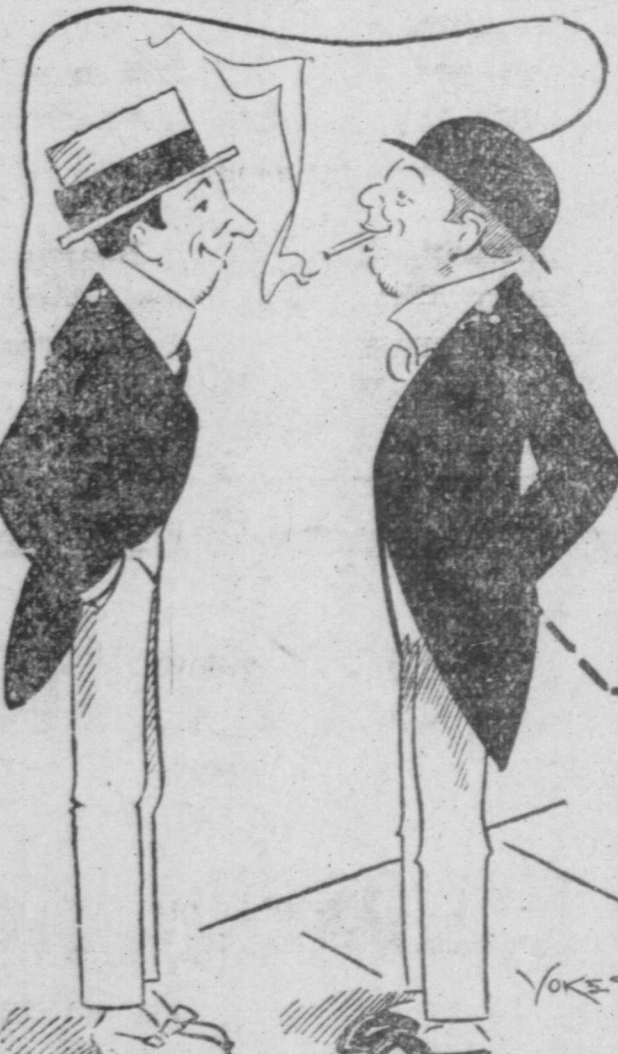
"Yes, suh."

"I hope you bought the chicken."

"Well, no; but de transaction were strictly regular. Dat chicken has been roostin' on my fence for months wifout payin' nuffin', an' I reckoned it were about time to folchlose."

**SUFFICIENTLY TRANSPARENT**

If things keep up This spring's coquette Will wear a gown of tennis net.



METHOD IN THEIR MADNESS

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"The girls must realize that, judging from the way they've discarded their petticoats."

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By "Bud" Fisher

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"SAY, JEFF, THE LANDLADY IS SORE AS A DOG BECAUSE WE HAVEN'T PAID THE RENT. I OVERHEARD HER SAY SHE WAS COMING RIGHT UP TO GET THE RENT OR THROW US OUT. HERE'S A GREAT CHANGE FOR YOUR PERFUME"



"I'LL TEND TO HER."

"I'VE SEEN YOU KIND OF GUYS BEFORE. YOU OWE SIX WEEKS. NOW YOU KICK IN WITH THE RENT TONIGHT OR OUT YOU GO, DO YOU HEAR! OUT YOU GO TONIGHT!"



"I'VE SEEN YOU KIND OF GUYS BEFORE. YOU OWE SIX WEEKS. NOW YOU KICK IN WITH THE RENT TONIGHT OR OUT YOU GO, DO YOU HEAR! OUT YOU GO TONIGHT!"



"I'VE SEEN YOU KIND OF GUYS BEFORE. YOU OWE SIX WEEKS. NOW YOU KICK IN WITH THE RENT TONIGHT OR OUT YOU GO, DO YOU HEAR! OUT YOU GO TONIGHT!"



"SWEET THING"

