

DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

Why Your Eyes Really May See Ghosts That Never Exist

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

DR. HIRSHBERG

It is very likely that you have always felt convinced that "seeing" is believing. No matter how often or how much you cast doubt upon the "beastly" word of mouth, you have felt secure in your perfect eyesight. Yet "all that glitters is not gold," and optical illusions are by no means limited to sideshows and dime museums.

There are legends of things all around you that your uninterested, inattentive eyes fail to see, and there are greater multitudes of objects convinced about which are very real and far different from the idealistic, fanciful notions which you may have about them. For example, experimental psychologists have proved that 10,000 individual units, such as soldiers, cannot be distinguished at 1,000 yards from a smooth, even, continuous mass of solid or single formation.

Prof. Luckroch of Cleveland has carried out experiments on the apparent distance from the eye of men clad in red or in blue and stationed the same distance away. Seven observers with perfect eyesight.

Explaining "The Ghost." If you pass from a brightly lighted room full of guests in black dress to a dark and empty one, your after-images will be the reverse of what you first saw. White objects and dresses will be where black ones were. The same effect appears as if you closed your eyes.

Prof. Swindle says that slight changes of illumination may reverse such after-images a long time afterward and with startling vividness. This observation is applied by him in an ingenious manner to explain the traditional ghost.

Both nocturnal and diurnal apparitions are thus possible. The ghosts, visions, spirits and spectres of night or day are thus discovered to be physical phenomena intimately linked up with the common sense of sight.

Answers to Health Questions
A READER: Q.—Please give me something for itching toes.
A.—Apply a little of the following to your toes:
Pink calamine 2½ drams
Zinc oxide 3 drams
Glycerine 2 drams
Phenol 30 drops
Lime water 2 ounces
Rose water 2 ounces

M. K. A.: Q.—I was frightened away by a man who was subject to epileptic fits. What shall I do to get this off my mind?
A.—You should try to forget such foolish thoughts. Join the Y.W.C.A. and mingle with a crowd and try to forget about such things you saw in the past.

W. G. J.: Q.—Please tell me what to do for headaches.
A.—The causes of headaches are numerous and the exact cause must be found by an examination before proper treatment can be given. You should

also have your eyes examined, as they often are the cause of headaches.

J. M. A.:—If you will send a stamped self-addressed envelope with your query repeated, I will be glad to answer your questions.

TRUE READER: Q.—Please tell me how I can remove warts?
A.—Of course, some warts are so mild that a little cold, heat, dryness, vinegar, or other simple domestic "focus-pocus" will cause them to drop off. Many, however, require more radical treatment such as caustic soda, salicylic acid, or a little of one drug to the ounce of colodion, or the surgeon's lance.

A. B. C.: Q.—If you will send a stamped, self-addressed envelope with your query repeated, I will be glad to answer your questions.

N. E. A.: Q.—Is henna good for hair that is turning grey, and where can it be bought?
A.—Take one ounce of henna leaves and one quart of boiling water. It is very good for hair that is turning grey. It can be bought at any drug store.

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always 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 inclosed, address all inquiries to Dr. L. K. Hirschberg, in care of this office.

DIARY OF A FASHION MODEL

BY GRACE THORNCLEIFF.

She Learns How a Detachable Apron-Effect Makes One Frock Do Duty As Two.

Many attempts are constantly being made to adopt war economy ideas and to make one costume perform several services. There are always experiments with one-piece dresses which can be made to serve as street costumes, evening frocks or indoor wraps simply by the twist of a lever, the turn of a collar or the changed fastening of a sleeve.

Of course, the objection to the whole idea is that it means wearing the one costume so much that it is worn out quickly, and by making the purchase of the same kind of frock necessary frequently it results in no economy in the end.

Nevertheless, the idea of adjustable parts of the dress can be used with moderation so that it will mean some slight economy within reasonable limits. Adjustable sleeves or adjustable panels can do much to transform a frock into the appropriate type the occasion demands, and yet not tempt one to carry the idea to extremes.

In the suit here illustrated a slight use has been made of the adjustable idea in the detachable panel. This is apron shaped, and is attached to the skirt with snapers. It can easily be attached or removed, and this slight touch is very effective.

For the plain tailored waist a plain skirt is preferable, but if one of the sheer or ornate waists are worn the plain skirt is a little too severe and clashes with the softer effect of the blouse. So in a moment the little apron-like drape can be clasped on, making the simple colored skirt a more elaborate part of the dressy waist.

This costume is simple in line and economical of fabric, yet it has just the right touch of trimming in coat and skirt which removes its severity and makes it suitable for both simple and elaborate needs.

Navy blue tricot is used, and the trimming is simple black soutache. When the apron is worn with the skirt the suit seems semi-tailored, but without the apron the costume looks like a severe tailored model.

The coat is straight, and as it finishes slightly below the waist line, there is a flat effect back and front that very youthful and becoming. The sleeves are full and plain, rather full, and have a wide, soft finish, the black soutache braid trimming the ends. Small slit pockets on either side of the coat are outlined with soutache braid and tiny black buttons in the braid buttonholes.

This costume may be worn either with a stiff white turnover collar or a soft bow, so that it has a sport appearance. In this case the simple tailored finish is attained by omitting the apron. Or, for more elaborate occasions, the apron is worn with a waist of georgette or chiffon, with a high lace collar and jabot.

Good Night Stories
Illustrated by Grace
BOBBY TAKES DADDY STICKLE-
FISH BACK HOME.

Bobby stood watching the queer little fish in his fish bowl swimming back and forth.

He was just about one inch long with a row of thorns down his back. Underneath he was silver. Green and purple bands were on his back, red and gold on his head and sides.

"His fins are as thin as silk," mused Bobby. "Wonder what kind of a fish he is?"

There was a squeaky laugh, and Squeedee, Bobby's little elfin friend, hopped up beside the bowl.

"Too bad to keep Mr. Stickleback in a bowl like this," said Squeedee. "He'll soon lose his brightness."

As he spoke, Mr. Stickleback's brilliant suit began to fade, and Squeedee added:

"He always fades when he's in trouble." Mr. Stickleback swam to the side of the bowl near Bobby and poked his head above the water.

"Squeedee is right; I'm very unhappy," he cried. "I had only just built my house and was guarding it when Mamma Stickleback was busy with her eggs when some one jerked me out of the pond."

Before he finished speaking Squeedee made him very tiny, and together they hopped upon Mr. Stickleback's back and away through the air they sailed.

Soon they reached a lovely pond. Mamma Stickleback was guarding the little hut of straw, grass and moss that Mr. Stickleback had glued together with glue from his own skin to hold their tiny eggs.

"Oh, how beautiful you are now!" cried Bobby, for when Mr. Stickleback saw his wife his suit began to sparkle and to glow like a rainbow.

Mamma Stickleback let Bobby peep into the tiny nest filled with little golden eggs, each no larger than a poppy seed.

Then some of them hatched, and wee fish swam out and circled around their proud daddy and happy mamma.

"No wonder you were unhappy," laughed Bobby, "with such a lovely family out here in the pond!"

"If it wasn't for the dread of Mr. Stickleback's suit fading, and Squeedee added:

"Let's take him home again."

Doggish getting some of them to be perfectly willing to go back to the glass bowl with you," said Mr. Stickleback. "But I'd like to stay here until they're large enough to look out for themselves."

"Indeed you shall!" exclaimed Bobby. "And Squeedee will help you keep old Doggish away."

Squeedee promised, and they bade

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THE LATEST METHOD

of grafting skin over a severe burn or scald is by the Zam-Buk process. Zam-Buk contains herbal ingredients that literally grow new skin. How much safer, simpler and cheaper than the old method, which was by surgery!

Mrs. George Currie, of 194 Waterloo Ave., Oshawa, Ont., writes: "My baby sustained a very severe burn, and although he received medical attention for eight weeks, he got very little better. Finally the doctor told me that skin would have to be grafted."

"Meantime I had heard of Zam-Buk and decided to try it first. This soothing balm soon drew out the inflammation, and in a short time I could notice a great improvement. New skin began to form, and in three weeks' time the burn was quite healed over, without having to resort to surgery."

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