Secrets of Health and Happiness

Should Drink Water at Meals

HE problem,
"When is
the proper to drink r?" has many

water?" has many angles and circumstances to it. It cannot be given a dogmatic reply. The conditions and accidents attached to each case may make the answers different. Furthermore, the general purposes for be taken change the when is the best water for nourish.

Is made available for the human economy.

The same ends make for a deposit of flesh in excess of the immediate demands. Therefore, water drunk with meals has a tendency to increase the waist line, the hips and the avoir dupois generally.

Fat men and women are constantly cautioned to taboo water at meal times. Such of them as have need of drink will find the right time to be before meals. In the early morning them.

and at night before bedtime is best for them.

Iced water usually quenches thirst when uncooled water, despite its need by the living structures, fails to satisfy. This might seem strange, because it is the water that is required, not the degree of cold.

As a matter of fact, the gluey, ropy, gelatinous saliva which sets up the sensation of thirst is made worse by tepid tap water or uncooled fluids. Iced water—not ice water, because this makes you thirstier by freezing the mucus in the saliva—on the other hand soothes the sensation of thirst and helps to dissolve away the ropines of the saliva. It is evident from this that iced water both assuage the feeling of thirst and supplies the familiand tissues with their necessary

Answers to Health Questions

M. A. C., Toronto, Ont.: Q.—For the last five months I have noticed brown spots spreading over my stomach. What do you advise for this?

A.—This may be tenia versacolar. The affected parts should be scrubbed with tincture of green soap thoroly and white precipitate ointment massaged in and left on during the night. It may be due to disorders of the stomach and intestines. If so a complete change of diet is called for.

By DR. LEONARD KEENE HIRSHBERG

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

Why All But Stout Folks

which water is to be taken change the answer. Thus, "When is the best time to dring water—for nourishment?" would receive a different solution from that of a nearly similar query, to wit, "When is the best time to drink water—to avoid obesity?"

In fine, it always depends, anatomically speaking, upon "which ox is to be gored."

gored."
The first draught a man drinks that to be for thirst, the second for rishment, the third for pleasure, fourth for madness or gluttony. The second be no warning inst water drinking, such as Probagives for strong drink, nevertheton much water may also work.

too much water may also work physical mischief. the other hand, the appropriate

On the other hand, the appropriate time to drink water only occasionally hangs upon the sensation of thirst. Infants and little children are less able to give signs of their need of drinking water than are domestic and wild animals. A dog will loll out its tongue and pant. A herd of cattle will gallop away madly in search of a stream. Jungle beasts usually have a drinking hole toward which they instinctively migrate. Not so the little bambino in its tiny crib. Unless the mothers and nurses at regular intervals between feedings encourage the babies to drink water several serious ailments creep insidiously upon them.

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EAVER"

PON ETITION.

ms Battalion.

Don't Look 1910 But restere your gray and faded hairs to their natural culor LOCKYER'S SULPHUR

Hair Restorer ppening grayness to a few days, thus appearance, has en-stain their position. tyWHERE,

cements

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scussed.

being taken in the held on the afternext, the 8th inst., ial Service departnto General Hospigrounds of Mr. D. lands avenue, have for the occasion, ded by the band of s. Tickets may be oor.

xpression in many be made out of vering."



EYE.

ULD

(Continued From Saturday).

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FEMININE FOIBLES & By Annette Bradshaw

LY MAGAZINE PAGE FOR EVERYBODY



Least One New Trunk!

There are many persons so dulled to the state of the sensation of thirst that they forget them. There are many persons so dulled to the sensation of thirst that they forget them. The sensation of thirst that they forget them are sensation of the sensation of th

The Amateur Gardener

T HAS always seemed to me to be a great mistake to leave the basement walls of the home bare. There is nothing attractive in the wall itself and a wide expense of it between the fround and th house framework always suggests a child with bare feet who is obliged to go without shoes because all available money has been expended on garments for the upper part of the body.

part of the body.

Next time you go down a residence street notice the houses with bare walls and those with walls hidden by shrubs and flowering plants and draw your own conclusions as to beauty.

A house with walls lifted above a mass of greenery has a charm that can be given in no other way. It is seems to be more intimately connected with the soil, and even a part of it, and there is not that suggestion of aloftness which characterizes the house whose walls seem to lift it on stilts.

Perhaps I fail to make my idea quite clear, but those who notice the houses with bare basement walls and

that summer is still lingering. Where the Japan ivy is hardy it can be used with fine effect in covering the foundation wall, but I think a variety of plants will be more satisfactory.

Garden Notes.

Rhubarb plants like moisture. Plant it in moist soil, which cannot be made too rich nor teo deep.

investigation.

A remedy suggested for the irritation caused by poison ivy is fresh lard and sulphur applied firmly to the affected parts. Bathing the skin freely with peroxide will give prompt relief.

quite clear, but those who notice the houses with bare basement wails and those which seem to spring out of a thicket of green foliage will understand what I have in mind.

I would plant shrubs close to the walls in places where they would not interfere with the windows, and between them I would set perennial plants, with low srowing annuals in front. In this way the house will be banked with flowers and foliage and not a glimpse of foundation wall will be seen.

An excellent shrub for this purpose is spirea Van Houetii, because of the compactness, and its graceful spread of branches. Flowering currant is another good one for planting near the wall, as it has the slender, yet symmetrical, habit which adapts it to such locations.

Nothing that grows in a stiff, formed fashlon is allowed to such compactness in a stiff, formed fashlon is allowed.

the wall, as it has the slender, yet symmetrical, habit which adapts it to such locations.

Nothing that grows in a stiff, formal fashion is allowable there. The flowering almond is another charming small shrub which will be found pleasing because of its early flowering habit. Among the perennials, to be filled in between shrubs, there is nothing better than dicentra. Aquilegia is good. So is coreopsis lanceolata.

On the north side of the house wild ferns can be used to excellent advantage. Here myosotis and iris germanica and ribbon grass will flourish and form great clumps that fit in admirably with shade loving ferns.

Kochia set here and there among the others will give a striking bit of ban Gardener.

Little Stories Told in Homely Rhyme

MY WONDERFUL PLAY

ONCE wrote a play—'twas a wonderful play. At least, I was sure it was such. It took me a month to complete it, and say, L. felt it possessed just the touch to make it a winner; to startle the town and bring me in dollars galore. To visit producers at once I went down. I'll never write plays any more. The first one I saw took my drama to read. "It looks like a pippin," he said. I warned him to hurry—to cultivate speed, lest somebody grab it instead. Three weeks passed along and he gave my play back. "It's fine_but I'm busy," said he. "At playwriting you have a wonderful knack." And that's all the man said to me. Another producer went over my play and kept it a month, maybe more, then sent it to me by the play and kept it a month, maybe more; then sent it to me by the postman one day. 'Twas great, but he'd laid in a store. Two others informed me the play was a peach—a drama that just couldn't fail. A nice little letter was sent me by each. The play also came in the

MOVIES—PROGRAMS FOR TODAY—SCREEN GOSSIP

Seven-eighths of a man is water, and a babbling brook is needed to keep him supplied with the showers of health. Active kidneys, perspiration and breathing forth vapors deplete his resorvoirs of water. While some of it is restored in vegetables and other rations, unless he imbibes his due meed of agua pura, disorganization of his anatomy will soon follow.

Worried, Toronto, Ont.: Q.—If have been using vaseline on my eyelashes to make them grow, but it makes the eyes swollen and red. What can I use without creating this condition?

A.—Perhaps you are using the wrong kind of vaseline. If white vaseline is used it will not affect the eyes in this way.

M. E. S., Toronto, Ont.: Q.—My feet perspire freely and have a vary uncompared to the perspire freely and have a vary uncompared to the perspire freely and have a vary uncompared to the eyes swollen and red. What can I use without creating this condition?

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Corporation, which holds Chaplin's \$670,000 contract for his service for the next year, and by the Mutual Film Corporation. Miss Purviance is now at work with Chaplin and the other members of the Chaplin company at the Los Angeles studios, on the second of the Chaplin features, which will be released under the title of "The Fireman,"

Actress Who Appeared on Stage Charles Chaplin Asks for One Hundred Thousand Damages in Appeal Case.

An appeal from the decision of Supreme Court Justice Hotchkiss in the suit of Charles Chaplin, the Mutual comedian, against the V-L-S-E to restrain the release of the "Burlesque of Carmen" has been filed by Nathan Burkan, counsel for Mr. Chaplin. Judge Hotchkiss refused to srant a temporary injunction against the releasing company on the ground that it was doubtful whether the comedian's contract rights were violated, whereas an injunction would inflict damage upon the defendants.

In carrying the case to the appellate division of the supreme court, Chaplin asks for \$100,000 damages and further demands an accounting from the V-L-S-E of the profits accruing from the release, of the picture which Chaplin alleges injured his reputation as a comedian.

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"Garden, College and Spadina, "The Lit.

"Glebe, Queen and Teraulay, "The Battle Cry of Peace."

"REAT DEMAND FOR BUTTONS.

The attractive "

ENGLISH ACTRESS HAD

Ivy Close Was in Ireland During Rebellion.

Ivy Close, the English actress who is to take up work for Kalem, is here. After an exciting time escaping from Ireland during the recent rebellion, and a disappointingly uneventful trip across the ocean, the player has arrived to take up her screen work under

CHARLIE CHAPLIN'S STORY The woman who was to play my mother came over will I stood waiting with the part in my hand. She was n thin, sallow woman, in a bright red waist and a hat with blue and yellow feathers. MME. OLGA PETROVA HURT APPEALS AGAINST COURT DECISION OF HOTCHKISS AOOTION: DIRECTORY MME. OLGA PETROVA HURT DECISION OF HOTCHKISS DURING TAKING OF SCENE DECISION OF HOTCHKISS "DIRECTORY"

Doric, Bloor and Gladetone, Theda Bara

GREAT DEMAND FOR BUTTONS, FIRST PICTURE SOON

Griffin's, Yonge and Shuter, "The Mar-His Miesty's, Yonge street, Dusting Jole, 315 Danforth, Wm. Fox presents Madison, Bloor and Bathurst, John Model, 181 Danforth, "Peg of the Ring," 3rd; "A Fight For Love."

OF ANN PENNINGTON

Peter Pan, 1969 E. Queen, "My Lady Incognito"; British Animated Gazette.

"Susie Snowflake," Ann Pennington's aplin asks for \$100,000 damages of further demands an accounting mark in sales and are now getting from the v-L-S-E of the profits accruciant the vicinity of the picture of buttons issued to exhibitions as a comedian.

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IGLISH ACTRESS HAD

EXCITING TIME ESCAPING

passed the two and a half million mark in sales and are now getting from the release. Of the picture of buttons issued to exhibitions alleges injured his retained to the diminutive star, in view of the fact that her whole the atrical career has been devoted to this branch of stage activity. Pauline Frederick stars in "The World's Great Snare," and adaptation of the well-known novel by E. Phillips Oppenheim, on June 26. This is one of the most powerful dramas in which Miss Frederick has yet appeared, dealing as it does with the elemental life of a western mining town. introductory vehicle, will be released

RECIPES FOR THE CARD INDEX COOK BOOK

Rasin Delight

INGREDIENTS

316 oz. brown sugar.

1 gill of water. 2 teaspoonfuls lemon juice. 1/2 lb. raisins. 1/2 pint apple pulp.

Pinch of salt.

METHOD

Put them in a saucepan together with the water and sait and simmer for 1/4 hour; then add the rest of the ingredients and stir until the mixture thickens. Serve with either rice or tapicca, or with slices of sponge cake and whipped cream,