Daily Magazine Page for Everybody

Secrets of Health and Happiness

"Fighter's Fatigue" Latest Disease of the Trenches

By DR. LEONARD KEENE HIRSHBERG.

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

"the asthenic state at the front," "fighting man's fatigue," "trench exhaustion" and "battigue," "trench exhaustion" and "battigue," Men in the muddy gulleys of Flancers, in the trenches and dugouts in the forefront of the armies, seem to suffer maladies in this war not hithauto recorded. In former wars, typhoid ever, lockjaw or tetanus, wound incettions, scarlatina, blood poisoning and gangrene were the seourges which carried off more men than guns and military defeats. Then came the dispoveries of Pasteur, Lister, Carrel, Wright, Dakin, and the development of marvelous and daring surgical skill, and the precise knowledge of bacteria and their infective, blood-poisoning offects. The upshot of this was the listenite treatment of typhoid year.

the injective, proof-poisoning ef-ters. The upshot of this was the iminative treatment of typhold vac-iation, tetanus antitoxin, waterfall w and wash of wounds, and the old uladies of the battlefields were once all almost completely done to death.

"pathological asthenia" is ne of the newest of these. Among its impleasant symptoms is a pain in the back which may be loosely called lumbago. It is the sort of ache which a larmer, laborer railroad builder or

included in the second state of the second states and so swellen that I can hardly close that require at least a day's tafterward.

Simple Treatment. as high as that of pneumonia, 104 degrees, is often present

the back. The posture and bending of The seatment of this ready as and rest and bending of the and usually successful. The patient is put to bed in a base hospital for a few days and rest and baths suffice for return to the front better than the first that plent of traits and secretable for the front better than that make from white four. A fixed by the first that that make from white four. A fixed by the first that that make from white four. A fixed that a can be demanded of the intestines.

E. A. B. Q.—I am troubled with wax.

How Madge Followed Allen Drake's Indirect Directions.

The Jamaica express plant landscape illuminated by a wonderful moonlight, into will end a self-addressed, stamped an expression of the wall be alled to the system will be answere questions for a few days and rest and baths suffice for return to the front better than the first plant of return to the front better than that make from white four. A fixed by the cash of the plant of the circumstance of the intestines of the control of the circumstance of the control of the circumstance of the circumstance of the ways to do away undertake to prescribe the plant of return to the front better than that make from white four. A fixed by the control of the circumstance of the ci

pneumonia, shell-shock, measles and gas troubles are a few of the new and unexpected distempers of today's bettlefields. Another disorder is now reported. It is variously called "the asthenic state at the front," "fighting man's fatigue," "tranch exheustion" and "bat-heustion" a

T. K. Q.—Is bitterwood or mountain damson steeped in vinegar poisonous? A.—It certainly la.

DOROTHY B. Q.-I am annoyed by blackheads, which make their appear-ance on my face and chin. Will you please tell me what to do in order to remove them?

A.—Gentle massage with a sterilized piece of absorbent cotton or chamols, followed by an application of a little of the following is very good for black, heads. It should be used about three times a week!

X. R. Q.—What can be done to prevent an ingrown toenail? for all almost completely done to death.

Some Symptoms.

At once the arch-demon of disease invented new allments, and fightor's fatigue or "methological asthenia" is

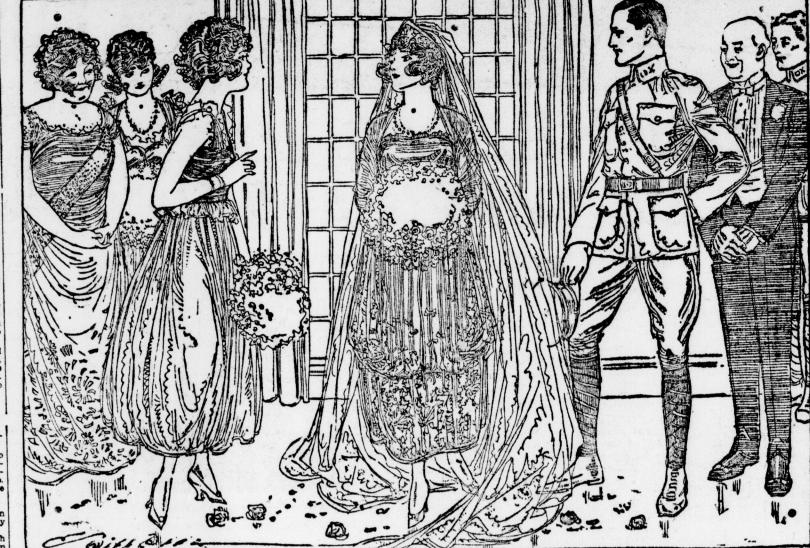
B. C. Q.—Do bables that are born within eight months live and are they within eight months live and are they healthy? h

A.—Try a little of the following:
Pink calamine 2½ drams
Zinc oxide 2 drams
Glycerine 2 drams
Phenol 30 drops
Limewater 2 ounces
Rosewater 2 ounces

MRS. A. M. B., Kitchener, Ont. Q.— What can I do to stop my boy from bed-

THE SPRING BRIDE

By Will Nies



HERE'S something about even the thought of a wedding-with with the radiant sun between storm-racked clouds—the first shy flower in the woods—the call of the earliest robin to its mate—ALL seem striv-

all its tender significance and its fine hopes—that links it with ered together to wish the happy couple joy with human voices. And with singular appropriateness to SPRING. The blue sky that appears what exquisite exactness of comparison in THEIR hearts is this wedding when after the ceremony the GROOM marches forth to do in deed what he's promised in faith-"to cherish" her by PROTECTING her

whether there is a desire or not. Massage of the abdomen in a circular motion five to fiften minutes three times a day is one of the best aids.

2. Strain of the eyes instead of the re-

REVELATIONS OF A WIFE

Alone With imaginationa.

He must have meant me to wait in the tiny box-like waiting room on the Jamaica platform, the only shelter the railroad provided for the thousands of commuters using its trains. It was the only inference I could draw from his question—practically an assertion—concerning my going home, and his sympathizing remarks about the platform. And he had escorted me to my train, and knew exactly what time it would reach its destination. Search my recollection of his words as I might, I could find no other meaning hidden in them. At any rate, there was no course open to me but to follow my own convictions in the matter. That he had meant me to understand something from his seemingly casual words I was certain, bein the matter. That he had mean me to understand something from his seemingly casual words I was certain, because of Lillian's warning. I could only interpret them as best I could.

But so great was my dread that I had misunderstood him, and consequently had falled Lillian, that I was shaking as if with cold when the train drew into Jamaica and I stopped out on the platform. The guards were calling the names of the different east-bound trains in stentorian tones, and the platform was filled with hurrying commuters ruehing for seats.

I was puzzled at first to account for so many people at the late hour, but I remembered that there had been a national guard parade in the city, and realized the reason for the late-comers. I took all the polse I could muster to turn into the lighted little waiting room and take a seat. To my heated imagination, seemed that approximation, commuters the seath of the seath o

and take a seat. To my heated imagination it seemed that every commuter on the platform must be speculating upon the reason for my sitting down there instead of taking the Babylon local, which stood, waiting for its passengers just outside the window.

But that ordeal was nothing to the Babylon waiting for its passengers just outside the window.

But that ordeal was nothing to the Babylon local, which stood, waiting for its passengers just outside the window.

But that ordeal was nothing to the Babylon local, which stood, waiting for its passengers just outside the window.

But that ordeal was nothing to the Babylon local, which seemed the seemed a telephone ed.

His face cleared. Fortunately I had given a plausible explanation of my delay.

"No chance to telephone between those trains tonight," he said almost jovially. "Too bad! You'il have a long wait until the next train."

PASS IT ALONG.

One evening as Willy Lightning-bug randered over the garden he heard meone softly crying in the grasses. Willy Lightning-bug flew to a blade of grass and flashed his tiny lantern to see

grass and flashed his tiny lantern to see who it was. There, on a toadstool, sat a tiny little fairy, crying bitterly.

'Oh, please Mr. Bug, don't harm me!' sobbed Tiny Fairy. "It's so dark I can't find my way back to Rosebud Inn. Please help me."

"Surely I will," replied Willy Lightning-bug, "With the help of my lantern we'll soon be there."

So, taking Tiny Fairy's hand, he flew into the darkness, flashing his tiny lantern to show the way.

The wind soon came up and blew the tiny, flickering ray out. Tiny Fairy began to cry, and it was some time before Willy Lightning-bug could find a safe resting place nearer the ground.

"I should have known better than to try flying in this dreadful breeze," he laughed, lighting his lantern again. "There's no use trying to fly. We'll have to make it on foot."

Holding his lantern with one hand and helping Tiny Fairy over the tangled grasses with the other hand, Lightning-bug started out once more only to find he'd taken the wrong path.

They soon reached a ond, and Tiny Fairy sat down and began to cry again. "Crying never gets you any place!" exclaimed Willy Lightning-bug.

"You are certainly a brave little bug."

are certainly a brave little bug, Tiny Fairy.

ADELE GARRISON'S NEW

my knitting from Katherine's knitting bag.

As I did so my fingers touched the cold metal of the small ammonia gun which Katherine had put in her knitting bag for any emergency which I might be called upon to face. Curiously enough no feeling of security came to me with the touch of the metal. Instead it was a source of added terror, as I began to epeculate upon the possibility, remote though it appeared, that I might have to use the little weapon

weapon.

A masculine step sounded outside the door, and in the moment that elapsed before a guard put his head in at the door I suffered torturing suspense.

"Missed your train?" he asked.

"Yes." I answered laconically.

"Which one do you want?" Did I imagaine it or was there suspicion in his tones? I remembered reading that the milroads were taking extra pre-

the railroads were taking extra pre-cautions against possible spice in these first days of our country's entrance "A Long Walt."

"The one that goes to Marvin," Try as I might I couldn't keep a slight tremor out of my voice.

He shot a keen glance at me, "There was no mix-up on that train," he said with the air of a man stating an incontrovertible fact. "Both the Brooklyn and New York expresses pulled up on schedule, and there was pienty of time for everybody to get seats."

for an explanation,
"I—I thought I would have time to send a telephone message," I stammer-

little leaf floating on the pond. He quickly drew off Tiny Fairy's pink sash, and, throwing the end of it over the stem of the leaf, soon towed it to shore, "See, here's a boat," he laughed, trying to cheer Tiny Fairy.
"But it has no sails, and we'll surely be drowned," cried Tiny Fairy.

be drowned," cried finy Fairy.

A great, big, black epider sat dozing among the grasses, Willy Lightningbug told him their trouble, and Mr. Spider quickly came to the rescue.

"I'll ferry you over myself," he oried, and springing upon the leaf he quickly spun a beautiful webby sait.

Then Tiny Fairy and Willy Lightningbug hopped upon the leaf and the gentle breezes soon blew them to the other side.

When Tiny Fairy wanted to pay Mr.
Spider he only laughed.
"Once a bird was after me, and you covered me with a rose petal and hid me from his greedy sight," laughed Mr.
Spider, "and I've never forgotten it, One good turn deserves another," and pushed



the leaf boat from shore and sailed away into the darkness.

Willy Lightning-bug turned Tiny
Fairy over to her mamma, who wanted
him to take a pot of honey in payment for his trouble. "No, indeed!" exclaimed Willy Light-

ning-bug, "just pass it along. That's the only true way to repay a kindness by being kind to someone else who's in trouble," and, turning up his lantern, he flew away.

Tiny Fairy never has forgotten, and never misses a chance to help anyone who is in need.



By Genevieve Kemble BUNDAY AND MONDAY. MARCH 24-25

MARCM 84-23.
Sunday is a day to which the epictural faculties are under the exaltation of the planetary deities, while things purely mundane and material are under the shadow. It is a time for inspiration, illumination and physical and mystical uplift, avoiding journeys and change. Also, social intercourse should be indujeed with discretion.

Those whose birthday it is should not travel or change. A child born on this day may have faculties called "peculiar," i.e., psychio.

Monday on the plane of outward activity will not be marked, though some long-standing obstacles may be removed, making way for the advancement of large projects, mainly in combinations

making way for the advancement of large projects, mainly in combinations with others—through syndioates, even plots and intrigues which need not be sinister. It is on the plane of the higher and subtler forces and faculties, however, that the day is most signally blessed, since Sol, representative of Spirit, trines Neptune, significator of its highest potencies and attainments. Inspiration genius, truly great things should come to fulfilment.

Those whose birthday it is should not speculate or risk money. A child born on this day comes in under beautiful auspices and should have spiritual and psychic gifts of a high order.

Surplus, or exportable, wheat in Australia amounted last year to 135,927,000 bushels, in India 80,538,000, and in Argentina 26,107,000.

About 2,720 tone of manganess were shipped from China to Japan during April, May and June of last year. RECOMMENDS THEM

TO ALL THE WORLD New Brunswick Lady Tells of

Dodd's Kidney Pills.

Has Ever Taken-Best for Herself and Best for Her Child. Madran, Gloucester Co., N. B., March 2.-Special.-'Dodd's Kidney Pills are he best medicine I have ever taken. These are the words of Mrs. Antoine Grant, a well-known and highlys no exaggeration to say that she voices the sentiments of a large num-ber of the people of Gloucester Coun-ty. They have had kidney troubles have used Dodd's Kidney Pille; Mrs. Grant was a ufferer for ene

and a half years. She was troubled with neuralgia, pain in the back, and palpitation of the heart, and had a pressure or sharp pain in the top of She took just four boxes of Dodd's

Kidney Pills, and they did her so much good she is enthusiastic in their "I have also giver Dodd's Kidney Pills to my chi'd" Mrs. Grant con-cludes. "and I find they are the bes" remedy for the kidneys. I recommend them to all the world.

If you havon't used Dodd's Kidney Pills ask your neighbors about them

CLEAN YOUR GLOVES CLEAN WITH TETROL, 25c BRUCE WALLACE 419 RICHMOND STREET.

WINIFRED BLAC

Writes About "If You Were Twenty-One." Copyright, 1918, by Newspaper Feature Service, Inc



right to vote in every state in the Union.

What Would You Do?

If I were it I woundn't think that insolver was old-fushioned and auntie was out-of-date just because they wanted me to think a little shout a man's character, and a little less about a man's character, and a little less about to vote anywhere the least little bit in the world.

If I were it I wouldn't be bitter and cynical and hard in my judgment—twouldn't expect everyone else to be perfect.

I wouldn't expect everyone else to be perfect.

I wouldn't think that anyone with an income of less than \$10,000 a year was an abject failure, no matter how fine and I wouldn't look at every middle-aged mar, and wonder what on earth his wife ever saw in him, and I wouldn't stare at every middle-aged woman and think that I didn't see how her husband ever came to pick her out

I would giggle every time anyone spoke of something serious, and I wouldn't sulk if someone with ten times

I wouldn't sulk if someone with ten times

I'd interest myself in the things in and a helf each day, and when he home and shelf each day, and when he held think that liddn't want interest him for just thirty-one min and a helf each day, and when he he he he he he held think and think that liddn't want in the tired look in face changs to one of astoniable them and watch the tired look in face changs to one of astoniable them and watch the tired look in the tired loo

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