

Daily Magazine Page for Everybody

Secrets of Health and Happiness

Is Your Hearing Perfect? How to Keep Deafness Away

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



Perhaps you pride yourself upon your hearing. You are proud to "lend" ears to your friends. If you "have an ear for music" you may think yourself superior to many others.

Many persons are amazed to learn that there are deaf persons in certain sounds. Dr. Hirschberg notes or noises, yet have perfect auditory sensations from them. Indeed, these are often very individuals who are so highly self-confident about their audition that nothing less than the ear specialists with instruments of precision can convince them of their error.

A certain violinist, for example, was amazed to be convinced of his deafness by a certain high-pitched note. Many of you are deaf in part and know it not. Individuals who in infancy and childhood were subject to "colds," adenoids, throat and nose disorders are apt to be less efficient in discriminating the many opportunities presented all around them because of slight or unrecognized deafness, than to those of you who hear clearly and through a wide range of pitch.

Measures Sometimes Necessary. These cauliflower-like abominations called "adenoids," attached to the back of the nose, stand in the way of the discharges and excretions of a "cold" into the middle ear. Evidently the primary procedure to ward off ear trouble is the removal of adenoids. Adenoid deafness has materially diminished the removal of adenoids—also of the equal offenders, the tonsils.

"Running ears" and "glue ears" of the ear drum" are also often avoided by the prompt summons of a skillful ear surgeon. His prompt arrival anticipates the clumsy, awkward damage done by untimely removal of adenoids—also of the equal offenders, the tonsils.

The surgeon painlessly inserts a tiny ever-so-soft needle at the proper point. Thus the matter and corruption is drained out without injury to the membrane called the eardrum. This procedure also wards off the deafness.

Three Minute Journeys
By TEMPLE MANNING

Where Lent Is Ushered In by "The Burial of the Sardine," and blood Carnival King named each year in New Orleans. King Carnival is an edgy, in Venice, where we are sometimes told he was born, he's born again each year and after the festival laid upon a funeral pyre and is burned to ashes.

In Greece some of the peasants dress up a block of wood, which they carry through the streets, soliciting alms from everyone they meet. Then, when the day is over, they solemnly bury the king.

The King Carnival of Nice has a longer life. The second Sunday before Shrove Tuesday he appears at the head of a parade which stops at the casino, where the mayor of the city, in a most florid speech, gives him the keys of the city. For ten days he sits upon a throne, and he is dethroned and buried with much the same fun that heralded his crowning.

Mrs. P. Few, 712 Somers Street, London, Ont., writes: "Some time ago I was operated upon, but did not recover very quickly afterwards. I could not sleep at night, my appetite was poor, and I seemed to lack energy. I got some of Dr. Chase's Nerve Food, and after I had used three boxes I felt a great improvement in my condition. I continued taking them, and can now truthfully say that I feel better, and have more energy than I have had for a long time. This treatment seemed to be just what I needed—it strengthened me, made me sleep and gave me a good appetite."

I also gave some of the Nerve Food to my little girl, who was delicate and in a rundown condition. Under this treatment, she soon became strong again, and now has nice rosy cheeks. As I have had such success in using Dr. Chase's Nerve Food for my daughter and myself, I can cheerfully recommend it to others suffering in the same manner."

We know that Dr. Chase's Nerve Food possesses exceptional potency as a means of building up the strength of the human body. We have seen it tested in so many thousands of cases that there is no question of the effectiveness of this treatment.

But how are we going to prove this to you unless you try it? You are the one to be benefited and so it remains for you to make the test.

Try it when you feel tired and discouraged. Try it when you are nervous and irritable. Try it for nervous headaches and indigestion.

It is not a mere relief for these ailments, and for this reason you must persist in its use until the lost vigor is restored to the nerve.

But of one thing you can be certain—Food contributes something towards building up the exhausted nervous system. Fifty cents a box, a full treatment of 6 boxes for \$2.75, at all dealers or Edmanson, Bates & Co., Limited, Toronto. Refuse all substitutes, as they only disappoint.—Adv.

Answers to Health Questions

C. C. M., LONDON, ONT. Q.—Please give me something that will darken my hair.

A.—A darker hue may be given by use of burnt cork. In the form of a crayon or of grease paint, or of some made with vaseline this is serviceable. Different shades of red, brown, blonde, and chestnut may be obtained in the same way with powdered henna leaves made into a tea and powdered indigo in solution. These are harmless.

M. L. N., London, Ont. Q.—Please tell me what I can do for chilblains.

A.—Apply a little of the following to each night:

Ichthyol 1 dram

Tannic acid 1 dram

Benzoin 1 dram

Rosewater 1 ounce

Q. Q.—I have been a sufferer for several years with gas on the stomach, nothing helps me. Kindly advise me what to do.

A.—Try either 2½ grains of salol, 10 grains of bicarbonate of soda, 5 grains of bismuth subnitrate every four hours with a little water.

H. L. Q.—What can I do for excessive kidney fluid?

A.—Take 8 drops of tincture of belladonna in a wineglassful of water every four hours. Do this for one week, stop for a few weeks and then repeat it. Meanwhile have a physical examination made to remove the cause.

Q. I. Q.—Will you kindly advise me what to do for indigestion?

A.—It would be difficult to prescribe a diet for indigestion unless the cause of the "indigestion" were known. In some cases ulcers of the stomach interfere with digestion; at other times hyperacidity is the active cause. An extremely simple diet is advisable. At times it is advisable to begin the day with a glass of water, and at 48 hours. This should be followed by a simple diet, such as milk. Great care should be taken not to eat cold food. The loss of a few pounds in weight will be taken the stomach a rest is no harm. After the stomach has gradually regained its tone you can gradually add simple foods, such as cereals, fruits, milk and an occasional egg, but be very careful not to overeat.

M. L. F. Q.—Kindly advise a list of foods that will give me strength, but will be easy on the stomach.

A.—The following is a list of which will help to give strength, but will not be too heavy on the stomach: Lean meats, peas, beans, vegetable juices, fruits, orange and other juices, green vegetables and lettuce.

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot afford to undertake to prescribe or give advice for individual cases. Where the subject is not of general interest letters will be answered by mail. Address: A. L. HIRSHBERG, Dr. L. K. Hirschberg, care this office.

THE END OF THE CARNIVAL

By Will Nies



THE dance-music stills, the last confetti falls through the air and lies a fading rainbow, the noise of the carnival blends into "Home Sweet Home" and then—all of a sudden—comes the hush that precedes the transition from one mood to another. Lent is HERE. This year there's a sense of responsibility greater than ever before. His glance is on HER, hers is on HIM—as together they march in military union to their duties which are a far greater JOY than mere pleasures, for they fulfil the ideal of SERVICE.

Adele Garrison's New REVELATIONS OF A WIFE

How William Answered His Own Question, "Who Do You I See?"

William Trumbull looked up at me with the pathetic, grateful eyes of a dog as he settled his poor old bandaged head upon the pillow of his cot. "I'm awful sorry I didn't ketch that feller if he hadn't bin fer Pete," William began, and his gnarled hand reached down to pet the head of the bull terrier lying on the floor beside his cot.

"But I didn't want you to bring him back, William," I returned. "I just wanted you to find out his name if you could, and where he lives." The old fellow's eyes brightened. "Well, I guess I got something pretty near it, then," he answered. "I'll jest begin at the beginnin' and tell you everything right down to now."

My first impulse was to demand the important information he had, leaving the story for some later time. But I hadn't the heart to do it. William was saying the time of his life, wounded and suffering though he was. I hadn't the heart to tell him to stop. I was the hero of a dramatic tale which he was about to tell. To deprive him of his recreation would be as torture I hadn't the courage to inflict.

"All right, William," I returned, "but hurry, my man, remember, when you hear Kate coming to stop talking until she goes away again."

"William screwed his nutcracker face into a knowing twist. "That's sense, Miss Grammie," he said earnestly. "Katie's a good girl, but she ain't no headpiece on her, jest as likely to tell things as I am."

Following the scent. I had hard work to control my ribald as William's patronizing air, especially as I knew the humorless contempt Katie had for "William." But anyhow, and there's a delicate right around the corner with perfectly good salad and macaroni already cooked, don't you know? A little rancid, perter for you can't expect the best but if you put plenty of relishes they get, it, you'll never notice the difference.

What's the use of staying in the stuffy kitchen to wash the dishes after dinner? There are a set left for lunch, anyhow, and she might as well make a regular job of it the next morning.

What's the use of mending the old dress? It will be ready for the rag-bag pretty soon, anyhow, and she should worry!

Oh, I can see Miss Late-Anyhow slipping and sliding through life, always a little late, always a little behindhand, never quite up to the mark, and always wondering why she's never lucky like other girls.

Miss Late-as-it-is—oh, that's quite a different story!

She isn't late very often. She's not philosophical enough about it. She'll have a good position as long as she wants to hold it, and when she makes up her mind to marry, she'll marry and she'll stick to the business of marriage and home-making.

She'll plan all her menus a week ahead and know what she's going to have and why she's going to have it, and when her husband comes home at night he'll find a savory soup and a delicious roast and a sort of dessert and they won't eat him every penny he can make either—not if Miss Late-as-it-is has anything to do with it.

"Fortune" Are Easy. She's up and coming, and brisk and wide-awake. She knows her business and she attends to it, not because she'll lose her position if she doesn't, but because she likes her work and takes a pride in it, and would be ashamed to use that word "anyhow" as an excuse.

I'm not a fortune-teller, girls, but from those two little sentences I happened to overhear on the car I can tell your fortunes a good deal better than I could if I gazed into a crystal for an hour or shuffled all the cards in the pack a dozen times over.

thumped against her little brown dress with fear. "That was a narrow escape!" exclaimed Johnny Grasshopper, who had watched the whole affair. "Maybe it'll teach you a lesson. It's not always one's best friends who flatter most. Mr. Green Frog only flattered you to make you come down so he could eat you. If that red-faced boy hadn't come along you wouldn't be listening to me now."

"What a lucky thing!" exclaimed Johnny Grasshopper. "I'll never listen to flattery again."

Then she crawled up beside Johnny Grasshopper and together they sang a song of thanksgiving.

Nothing worries the meadow folks very long, for to them a miss is as good as a mile, but it taught Cherry Cricket a lesson.

By Genevieve Kemble
THURSDAY, FEBRUARY 14.
A very lively day should result from the long train of stellar operations, though they be of contradictory nature. An adverse Mars may stir up activities to a dangerous degree, through tumultuous and hasty deeds, which however, should be balanced by a lunar trine to Saturn, making the mind cool and sober, and the judgment "safe and sane."

Today's Fashion
By MME. FRANCES

What a beautiful voice and such a pretty song!" croaked Mr. Green Frog. "Pray, who may be the singer?"

"That's a lovely voice and a beautiful song," croaked Mr. Green Frog, turning his great big eyes around trying to see the singer. "But may I ask who is singing?"

"None other than Cherry Cricket," chirped the little singer, with pride. "That little Cricket, why not come down?" croaked Mr. Green Frog. "I'm sure one with such a charming voice must indeed be charming herself."

This was too much for Cherry Cricket. She brushed out her brown dress and straightened her little black bonnet and crawled down the blade of grass nearer Mr. Green Frog. "Yes," she croaked in his hoarse voice, "you're far prettier than your voice, you're a lot closer where I can watch you sing. Maybe you would like to join my chorus."

"Those whose birthday it is may have a successful year, but should shun litigation and quarrels. A child born on this day will have some unusual gifts and should have a successful career."

Reminiscent of the sheath gown in black and silver, this dress is extended below the normal waistline. The skirt is draped closely about the figure and trails several inches upon the floor. A loose panel of the black and silver tissue is hung from the shoulder with strands of jet.

KITCHEN ECONOMIES

BY ISOBEL BRANDS
OF THE APPLECROFT
EXPERIMENT STATION.

Solving the Satisfying All-Vegetable Meal Problem.

When recommending vegetarian cooking as a steady diet housewives frequently say: "Yes, I have tried vegetarian meals, but they don't fill you up. We all get hungry so soon after a meal."

But I find after questioning such critics further that this is because housewives misinterpret vegetarian cooking to mean eating vegetables to vegetables only. Accordingly, when they say vegetarian cooking they refer to a meal that is made up, let us say, of vegetables like potatoes, beets, carrots, cabbage, salad, etc. Of course, while these bulky foods fill you up quickly they don't "hold you" solid because they are bulk and not solid nutriment.

Vegetarian cooking really means refraining from meat eating rather than confining oneself to eating vegetables only. The vegetarians eat nuts, eggs, cheese, and many who never touch meat will eat fish. Now we all know that there is just as much protein in eggs, cheese, nuts and the legumes like beans, peas, lentils, etc., as there is in meat. These are proteins, and there is a proportionate amount of protein in a vegetable diet it is as satisfying and complete as any steak or chop dinner.

The housewife who plans to do more vegetarian cooking must give more thought to the proper balancing of meals than when preparing a meat meal. With meat she usually naturally includes a starchy vegetable like potatoes, turnips, etc., and also some watery vegetable, such as cabbage, salads, etc. However, when preparing vegetarian meals there is usually a tendency to run considerably to starch in an effort to supply solid bulk.

I have seen vegetarian meals consisting of creamed potatoes, rice pudding, corn and other starchy vegetables. These are filling and fattening, but they form an unbalanced, and therefore, unsatisfying meal. If a meal consists of too many starches like salads, cabbage, radishes, etc., it is also inadequate, and lessens the faith in the value of vegetarian cooking.

A vegetarian meal should consist of at least one selection from each of the following groups or a combination of two selections from each group in its proper quantity:

1. Proteins: Peas, beans, lentils, macaroni, spaghetti, nuts, eggs, cheese, oatmeal and other grains.

2. Carbohydrates: Potatoes, rice, corn, parsnips, hominy, cornstarch, bananas.

3. Fats: Milk, peanut butter, butter, lard, cottonseed oil, olive oil, and the composition vegetable (a variety of trade names).

4. Mineral salts: (Milk foods contain the cellulose of the body.) Tomatoes, spinach, lettuce, celery, cabbage, cucumbers and all the fruits except the banana.

All of the foods that are enriched by seasoning and flavoring so that they appeal to the palate as vigorously as any roast or steak. If you prepare it well, with an eye to its proper balancing, then the vegetarian meal is not only satisfying and complete, but it does not impart that heavy, soggy feeling which is the earmark very often of the meatful meal.

Any additional information on this subject that is desired will be gladly answered if you will write to Isobel Brands, the Applecroft Experiment Station, Greenlawn, N.Y., enclosing a self-addressed, stamped envelope for a personal reply.

with a few drops of paraffin on a cloth and finally with a clean cloth.

EVERY DAY, A HAPPY DAY
10 FIG SEN
The Gentle Laxative
BEECHAM'S PILLS
Says HOT WATER
WASHES POISONS
FROM THE LIVER
Everyone should drink hot water
with phosphate in it,
before breakfast.

To feel as fine as the proverbial fiddle, we must keep the liver clean, active every morning, to prevent its spongy pores from clogging with poisonous matter, and thus cause a headache. If you get headaches, it's your liver. If you catch cold easily, it's your liver. If you wake up with a bad taste, turned tongue, nasty breath or stomach trouble, it's your liver. If your eyes come, muddy complexion, watery eyes, denote liver uncleanness. Your liver is the most important organ of the body. Few know its function or how to release the dammed-up body waste, bile and toxins. Most resort to violent calomel, which is a dangerous, salivating chemical which can only be used occasionally because it accumulates in the tissues, also attacks the bones.

Every man and woman, sick or well, should drink each morning before breakfast a glass of hot water with a teaspoonful of limestone phosphate in it, to wash from the liver and bowels the previous day's indigestible matter, and thus cleanse, sweeten and freshen the entire alimentary canal before putting more food into the stomach.

Limestone phosphate does not restrict the diet like calomel, because it can not salivate, for it is harmless and you can eat as much as you desire. It is inexpensive and almost tasteless, and any pharmacist will sell you a quarter pound, which is sufficient for a demand of how hot water and limestone phosphate cleans, stimulates and refreshes the liver, keeping you feeling fit day in and day out.

Easy to Make This Pine Cough Remedy
Thousands of families swear by its promptness and effectiveness, and saves about \$2.

You know that pine is used in nearly all prescriptions and remedies for coughs. The reason is that pine contains several peculiar elements that have a remarkable effect in soothing and healing the membranes of the throat and chest.

Pine cough syrups are combinations of pine and syrup. "Syrup" is usually made of sugar and water, and is very sticky, but why buy it? You can easily make your own in five minutes. To make the best pine cough remedy that money can buy, put 2½ ounces of Pine (50 cents worth) in a 16-oz. bottle, and fill up with home-made sugar syrup. This gives you 16 ounces more than you can buy ready-made for \$2.50. It's pure, good and very pleasant—children take it eagerly.

You can feel this take hold of a business. The cough may be dry, hoarse and tight, or may be phlegmy. The cough may be from inflammation of the same—any syrup combination will stop it—usually in 24 hours or less. Splendid, too, for bronchial asthma, whooping cough, or any ordinary throat ailment.

Pine is a highly concentrated essence of the world over for its prompt results. Beware of substitutes. Ask your druggist for "Pine Cough Remedy" with directions and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pine Co., Toronto, Ont.

LIKE BOLT FROM HEAVEN'S BLUE
A happy discovery of Cincinnati chemist interests women here

Your high heels have put corns on your toes and blisters on your feet, but why care now?

A genius in Cincinnati discovered a magic ether compound and named it "Freezone." A quarter ounce of this freezone can now be had at any drug store for a few cents. Apply a few drops on your tender, aching corns and blisters, and shortly you will find the corns and blisters shriveled and loose that you lift it off with your fingers.

Just think! You get rid of a hard corn, soft corn or a corn between the toes, as well as hard-nosed callouses for a few cents and without suffering one particle, without the use of any drug.

The skirt is draped closely about the figure and trails several inches upon the floor. A loose panel of the black and silver tissue is hung from the shoulder with strands of jet.