

DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

How Errors in Your Diet Cause So-called "Heartburn"

By DR. LEONARD KEENE HIRSHBERG

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

HARTBURN is so called because it neither burns nor has anything to do with the heart. Actually this phrase, like Topsy, just "grew." Heartburn has to do with the stomach and not any vital organs. It is not a serious condition by any manner of means, but is often more distressing than actual organic troubles.

Strange to relate, it is not only an excess of hydrochloric acid that may cause these volcanic and inopportune eruptions from the stomach. Nor is it gas plus acid that does so.

Almost any sort of disturbance, such as muscular spasms, irritating seasonings, liquors, fermenting foods, a redundancy of organic acid, herculean quantities of even the plainest, most wholesome food, and anything not wholly in accord with the peculiar weakness and strength of your particular digestive bag, may cause this condition.

The current idiom, "It goes against my stomach," has much philosophy in it, as well as medical knowledge. For as Bobby Burns put it:

Some has most and canna eat,
And some would eat that wad it.
But to his nest, and to his cat,
See let the Lord be thankit.

Really, Athenaeus, some thousands of years ago, was filled with wisdom when he expressed the truth that every investigation, which is guided by principles of nature, fixes its ultimate aim upon the stomach.

Whenever this misnamed "heartburn" makes itself felt or otherwise apparent, look to it that something is done in the way of correcting errors in diet, muscular activity, habits of rest, bathing and outdoor life.

Never make the mistake to seek comfort in the flowing bowl. Avoid the fumes of Gammer Gurton, who could eat but little meat, his stomach was no good, "but sure," he thought, "that he could drink with a man who wears a bonnet."

Heartburn is not the consequence of eating to live, but the outcome of living to eat. Those who run after strange gods and worship the false idols of good cheer affect this annoying alimentary ailment.

Walk but a block along the highways of hotels and restaurants upon any night of summer or winter, and you will find almost a medley of staccato, pianissimo and fortissimo eruptions from the dining and winning habitues.

Castward the leisure of empire seems ever to take its way. With leisure, ease and comfort, even the eight-hour laborer has time to sup less wisely than too well.

The fruit of being a civilized and valiant trencherman is much misery, far from satisfactory.

Answers to Health Questions

P. S.—Please tell me how I can get fat?

Take eight or ten hours' sleep daily. Eat six big meals daily, the two largest ones last. Laugh and do not worry about anything.

J. L.—Have suffered since January with footbitten feet, and have tested efficacy of salt water and iodine to no avail. Will you kindly suggest something helpful?

Try painting fluid extract of grindella robusta with four parts of water or iodine, resorcin and tincture of water at night.

M. P.—What shall I do for an itchy spot on the top of my head which is growing gray as a result?

Try this:
Resorcin 10 grains
Cocaine 15 ounces
Sulphur 15 ounces
Sesame oil 2 ounces
Balsam Peru 15 drams

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest, letters will be answered personally. If stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirschberg, care of this office.

Proper Care of Parakeets

THE Budgetary or warbling parakeet, which is brought to America in large numbers from Australia, can be bred either in a cage or aviary, the latter for choice, as, being naturally gregarious, it breeds more freely when several pairs are kept together. If a cage is used it should be at least three feet long, two feet high, and 15 inches deep. Budgetary do well in an outdoor aviary, being unaffected by frost or snow. Some people advocate the purchase of Budgetary fresh imported from Australia. But these birds usually breed at a time of year corresponding with the summer in their native land.

Winter hatched young ones are seldom of any value. Aviary reared Budgetary will almost invariably keep to the summer for breeding.

The Australian imported wild birds can be known by their legs being deep blue in color, while the aviary bred ones have the legs more flesh-colored. The hen lays from four to six small white eggs on alternate days. They should not be interfered with in any way. Incubation begins when the first egg is laid so the young ones hatch out at different times. The period of incubation is about 20 days.

In most cases where transplanting has been done, the young plants have not yet managed to send the disturbed roots very far below the surface of the freshly tilled earth. Therefore until such time as the roots have penetrated to a safe feeding distance below the surface, the need for extra food is absolute. And this extra food must come from a certain amount of artificial watering, or an artificial conserving of the food already within the soil. This latter is managed by cultivation of the earth.

Now, by the term cultivation, in this instance, we simply mean a maintaining of the soil-surface, in such a condition that the night dew, or other moisture will be directed, inwards toward the roots, rather than being allowed to dissipate in the hot, sun-drying-absorbing air. And to manage this happy result is simply to keep the top soil from caking, or becoming hardened.

How? By a daily loosening up of the surface, either with a fork or a small rake, or some similar tool. In these days of sudden heat, the earth will cake into an amazing surface of cement, if not watched carefully. Even the richest of mold will do so. Such happening, a check immediately takes place in the growth of the young plants, either from want of moisture or because of the increasing difficulty of pushing their as yet scarp-resistant stems thro the caked earth.

Then, also, remember those plants which, at all times depend upon surface moisture (because of only surface roots) for food. Many of these have already been very thirsty this past week, from the odd day or two of great heat. And a watering from the hose is rather detrimental than otherwise, because of the intense chill of the water, and the unrestrained force of the hose-stream. The plants are too often swamped or driven into the ground, or their roots left bare, and in any case, the force of the hose-stream tends to cake the soft earth. A watering can just here is much the best.

And early in the morning, while yet the soil is moist is the one time of all the day in which to cultivate.

NICARAGUA AROUND.
The steamer Nicaragua of the Hall-Connell Company, Ogdensburg, N.Y., ran aground on Point Vivian, between Clayton and Alexandria Bay, loaded with coal. The cargo will be lifted, and it is expected that the vessel will be released by Saturday.

King Bright Copper's Bride. By Vernon Merry
ONCE upon a time King Bright Copper, ruler of the Pennymints, was hunting for a bride in the great forests of his kingdom when there came along the coach of the Princess of the Mighty Dollars on the way to her father's castle. When the King saw her he felt his heart give a flutter and he cried:

"How beautiful she is! She must be my queen."

Later, when he told his wise men of this vision, he was advised that the Dollar Princess would never marry a mere Pennymint. But the King was determined, and commanded that his state prisoner, Counterfeit Dollar, who was very, very bad, be brought before him.

He gave the bad coin a potato bath so that he looked like a good Dollar, then sent him off to meet some special news at the Dollar palace.

By and by Counterfeit returned and told the princess what had happened along the main road the next day and would have a Dollar soldier with her as a guard.

Bright Copper was very much worried until he had a grand idea. Again he took a good Dollar, and he gave him a bath in a sandbath and change him into four perfectly good Quarters. Then, with 19 of his own soldiers and the Quarters, he lay in wait for the princess.

Along she came finally, and out King Bright Copper and his soldiers sprang, stopped the horses and overpowered the Dollar soldier (four Quarters and 19 Pennymints are too strong for one Dollar any time, you know). Then the King was before the princess.

Oh, she was beautiful, so large and round and bright! King Bright Copper couldn't say a word, but he felt that he was in a fix.

"Here!" he growled "what do you mean by waking me out of a sound sleep?"

"Because, dear," replied his wife, sweetly, "it was such a distressing sound."

Peter's Adventures in Matrimony

By LEONA DALRYMPLE

Author of the new novel, "Diane of the Green Van," awarded a prize of \$10,000 by Ida M. Tarbell and S. S. McClure as judges.

The truth about "the girl in the case" distinguishes this new series by Miss Dalrymple. Her character studies of the majority of readers, who will follow the fortunes of "Peter" with interest.

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A Real Vacation.
ON the 14th of August I departed for the lake with considerable misgivings. To spend my vacation there was not particularly desirable. I must admit that, but Mary had ordered it thus, and therefore it was up to me to be gallant and leave her if possible.

Mary met me at the station. She was, thought, a little constrained in her greeting.

"Well," I inquired after a while, when upon commonplace chat had gotten on my nerves, "you're not yourself. What's the trouble?"

"When a woman—and particularly a life-grown polite and distant with her family and begins to make smooth, languidous conversation, watch out or squalls."

"What is the trouble?" I insisted. Have the rocking chair brigade gotten on your nerves?"

"Peter!" exclaimed Mary disdainfully. That sort of remark is gentlemanly but not yet managed to send the disturbed roots very far below the surface of the freshly tilled earth. Therefore until such time as the roots have penetrated to a safe feeding distance below the surface, the need for extra food is absolute. And this extra food must come from a certain amount of artificial watering, or an artificial conserving of the food already within the soil. This latter is managed by cultivation of the earth.

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How? By a daily loosening up of the surface, either with a fork or a small rake, or some similar tool. In these days of sudden heat, the earth will cake into an amazing surface of cement, if not watched carefully. Even the richest of mold will do so. Such happening, a check immediately takes place in the growth of the young plants, either from want of moisture or because of the increasing difficulty of pushing their as yet scarp-resistant stems thro the caked earth.

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CHIPS
By W. B. Holland
Experience should be particularly dear to the other fellow.

The good that comes from evil is as questionable as the evil that comes from good.

The fellow who sells them is the only commendable sort of a practical joker.

Samson was the original strong-headed man.

Statues of bronze and granite are hard to clean, but never bothered by the police department.

If it is true that vinegar never catches flies, insects are wiser than some people.

Childhood is delightful except when it is of the variety described as "second."

When wealth comes in at the door, love has many windows through which to depart.

The umbrella is as impartial as the rain and protects the just and the unjust alike.

The insulation is as important as the wire, and yet it never is used in a figure of speech.

THE GARDEN
CONDUCTED BY RACHEL R. TODD, M.D.
The Value of Constant Cultivation

Probably at no time of the gardening year than just now is the need of constant daily cultivation so pressing. To explain this statement may be necessary, and in order to render understanding more easy let us look back on the work already accomplished by the gardener.

First, look at the little "transplantings." At this time of the year these tender young plants are by far the most important of the growing things in the garden.

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Is Real Happiness Possible When Social Extremes Wed?

By WINIFRED BLACK

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THE good woman has married the bad man, and everybody's wondering about it. What in the world made her do it; and why has he picked out this particular kind of woman?

Does she see something in him no one else can even guess at, and is she going to sacrifice her life trying to bring that something out and make something worth while out of the bad man?

In the man really not so dreadfully bad after all, has he wanted to be good all the time, and wouldn't anybody let him?

The woman he married first wasn't such a very high type of woman. She was just suited to the bad man—so every one thought—and the bad man every one seemed to be just suited to him.

grew worse and worse, until even the woman who seemed to be just suited to him couldn't stand him any longer. She divorced him—and now he's found this good woman to take his hand and walk out into the world with him. How will it turn out?

What do you guess?

How close they come together, the good motives and the bad ones! Who was it who first said that extremes meet? How true it was when he said it—and how true it has been ever since.

How the Second Wife Acts.
The worst man I ever knew married a warm-hearted, generous, high-minded, faithful little soul—and broke her heart within a year. He did worse than that. He broke her character, too, and she ran away from him with a fool who fell in love with her.

And the man married again—a little, scheming, mercenary, selfish, cold-blooded creature without a drop of warmth in her whole character. She was blooded creature without a drop of warmth in her whole character. She was blooded creature without a drop of warmth in her whole character. She was blooded creature without a drop of warmth in her whole character.

She married him for his money, but he thinks she married him to reform him. She has alienated him from his own father; turned him away from his own mother; induced him to send his own little boy away to boarding school—when he really is too little to be away from home a minute. She's taken only decent quality the bad man ever had, a kind of reckless courage, and turned it into cowardice—and she's made a "model husband" of him.

He was cruel to the woman who really loved him. He's kind to this creature. He was selfish to the most unselfish creature who ever breathed. To this green-eyed, grasping, penurious woman that he's married he is generous to a fault.

Oh, he's made over, completely made over, and it isn't love that has done it—it is indifference. I wonder if he was worth the making over?

"I Told You So," THEY Said.
What became of the first wife? She died, poor foolish little thing, in an attic somewhere in some foreign city where she had gone to hide her misery—and they buried her, they say, in an unmarked grave in the potter's field.

The fool who fell in love with her died, too—by his own hand, as such fools so often do.

And everybody said, "I told you so," except those who said, "There, what could you expect?"

And the man whose cruelty and whose selfishness and whose bitter meanness were the real cause of all this misery didn't say a word.

I suppose he hadn't a word to say. Perhaps he doesn't know the truth at all. We so seldom do know the truth when we are a vital part of it.

How interesting life is and what a world of strange affairs we live in. It would be rather dull if we were all angels, wouldn't it?

The good woman who has married the bad man—I wonder if she really knows why she really did it—and if she could have helped it if she had really tried. The bad man—I wonder what he thinks about his real motive for marrying the good woman.

It will be interesting to see how it all turns out, won't it?

ADVICE TO GIRLS

By ANNIE LAURIE

Dear Annie Laurie:
There is a friend of mine who is a good girl in almost every way, but there is one thing about her which I do not like. She is what I call a "dirt" girl. She has been going with one boy now for some time, and while there is no engagement, she acts as if there was. She even kisses him in public. Because I do not like her to act like this when she is with me, she thinks I am old-fashioned.

Do you think I am?
OLD-FASHIONED.
WELL, what if you are old-fashioned, there's no crime in that, is there? The next time your friend tells you that you are old-fashioned, tell her that you don't like to see her make a fool of herself, just tell her that there's nothing new-fashioned in folly, or in disgrace, or in sorrow, and just as sure as she goes on as she is doing now she is going to meet both sorrow and disgrace somewhere, not so far from the road.

Can't you girls ever get it into your heads that boys are the most insignificant creatures in the world, except men? A boy will do everything he can think of to get a girl to give him a kiss, and if he really loves her he's all the time hoping in his heart of hearts that she will let him.

Your poor little friend is making a poor little goose of herself. Be a friend, anyway—it won't be long before she will need some one like you to help to comfort her when the boy who is making such a fool of her now falls in love with some girl who is not so easily cajoled.

Annie Laurie

Useful Hints for the Housewife

By Ann Marie Lloyd

SAUSAGES can be prevented from bursting by rolling them in flour before frying.

When mending children's clothes, add a little alum to the water, as this renders them less liable to catch fire.

It is difficult sometimes, when using essences for cakes or sweets, etc., to measure correctly the number of drops required. If a finger is dipped in water and the rim of the bottle wetted in one place, the essence will be found to drop quite easily.

To clean decanters, mix half a gill of vinegar with a handful of salt. Put a little in each decanter and shake well. Rinse in clear water.

An egg that has been too tightly boiled may be put into the saucepan again, even after the top has been taken off. If an ordinary pin be dropped into it in a conspicuous place, when it will be found that none of the egg has been lost.

To improve the flavor of cucumbers and watermelons which are to be used for eating, place them in a bowl, pour boiling water over them, and leave to soak all night. The fruit swells to twice its former size, but should be drained from the water and dried in the oven before being added to the other ingredients.

When threading a needle take a white envelope, stick the needle through, and draw it down until the eye is visible, and you will thread the needle like magic. The white surface of the paper sets the eye into relief, as if it were magnified.

Where screws are driven into soft wood, and subjected to considerable strain, they are very likely to work loose, and it is often very difficult to make them hold. In such cases, the use of glue is profitable. Make the glue thick. Immerse a stick about half the size of the screw, and put it into a hole, then put in the screw and drive it home as quickly as possible.

Rich Heir—Is your proposal meant seriously, baron?
Man of the World (full of debt)—Bitterly so, miss!