YBODY

Secrets of Health

Beware Cramp If You Swim After Eating

By Dr. L. K. HIRSHBERG
A. B., M. A., M. D. (Johns Hopkins).

DR. HIRSHBERG

CHEERED by the milder beam, the sprightly youth speeds to the well known pool. A while he stands gazing at the inverted landscape—half afraid—to meditate the blue below. Then he plunges headlong.

The old swimming hole of boyhood's happy hours has been found in these matter of fact, bacteriological days to be not all that it is cracked up to be. Like the old oaken bucket that hangs in the typhoid infected well and the cakes that mother used to make, the swimming hole is a nest of lurking microbes.

How many a time have you, like the Two Foscari, cloven with arm still lustier and breast more daring, the wave all roughened at the swimmer's stroke?

Who in these lithesome, blithesome hours, be she a swimmer or he only a bather, has not pined for thirst amid the sea of waves. Then comes the thought, as you hatchet and chop the green water, that, however near or far one shore may be to another, the wave which now ripples across your moving foot will soon be on the distant strand.

To swim with discretion means never to venture in the earth-absent deptis when you are the slightest bit below par. You must neither dare the waters after a meal nor brave even the ripples after the loss of a night's sleep.

The slightest indisposition may mean drowning to the best and most venturesome swimmers. "Cramps," as muscular contractions and spasms of the tissues are termed, paralyze the most alert and skilful water nymphs, when they appear.

These usually assail the bold swimmer when he is tired, overfed, underfed, overworked, shocked, or otherwise in want of a complete physiological balance.

"Children are we
Of the restless sea,
Swelling in anger or sparkling in glee;
We follow our race,
In shifting chase,
Over the boundless ocean-space!
Who hath beheld where the race begun?
Who shall behold it run?

The waves are full of whispers wild and sweet;
They call to me—incessantly they beat
Along the side from stern to curved prow."

Answers to Health Questions

A. N.—My hair is falling out. Please recommend a growth promoter and a dandruff cure.

Loosen the scalp with the tips of your fingers twice a day, simultaneously rubbing in this:

Castor oil	2 ounces
Sulphur	½ ounce
Cocoa butter	½ ounce
Salicylic acid	10 grains
Beta napthol	10 grains
Balsam Peru	½ dram

Take two grains of thyroid gland three times a day for one week, then stop one week, and so alternate for two months. If palpitation, nervousness or other disturbances appear do not take it.

* * *

MARY McL.—My head aches every morning, and I have fever with it. When I kneel down I feel as if my head would come off, and after I stand up I feel as if I would fall down. I snore when asleep very loud. A thick phlegm comes in my throat and chokes me, and a bad feeling goes up my back to my head. I get short of breath when I go up two flights of stairs. Am 59 years old and have had seven children.

You need a good rest and relief from all responsibility. If your oldest children and others of your family will allow you a month or two away from them, and if you will expend much of the time in bed, eating green vegetables, fresh fruits and thinking only of pleasant things, taking purgatives daily, you will be quickly improved.

* * *

Dr. Hirshberg 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 a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirshberg, care this office.

ice to Girls

By Annie Laurie

very minute instead of mooning around thinking how beautiful it would be if the bell should ring and you should go to the door and he should stand there with a big bunch of roses and a box of candy and an engagement ring in his pocket, and couldn't wait until the door was shut before he clasped you in his arms?

Oh, of course, you'll have to go through it; you can't escape it any more than you can escape the measles; but try to have as light an attack as you can.

In six weeks from now you won't be worrying about this boy at all. It will be some other boy—and that's a good thing; that's just the way it should be at your age.

Be happy, Sweet Sixteen, you're at the right age for that anyhow. Bless your heart, be happy.

Annie Laurie

NO LONGER EXEMPT FROM MILITANTS

"MadWomen" Evade Sentries at King's Palace and Smash Windows

LONDON, May 29.— Buckingham Palace is to be no longer exempt from the window smashing raids of the suffragettes.

It leaked out last night that between 11 and 12 o'clock two militants succeeded in evading the sentries outside the palace. Entering the quadrangle they began throwing stones at the windows and had smashed two of them when the sentries seized them and took them to the police station within the precincts of the palace, where they gave their names to the police. The master of the royal household refused to prosecute them and they were released after a few hours' detention.

Cheer Announcement.

At a meeting of the Women's Social and Political Union last night, when Mrs. Mansell told of what the two women had succeeded in doing, the audience burst into cheers lasting several minutes. The suggestion that the Queen must be horrified at the treatment meted out to imprisoned suffragettes was received with loud cries of dessent.

Mrs. Mansell strongly protested against the action of the Archbishop of Canterbury in "refusing sanctuary" to Miss Annie Kenney, adding that the archbishop would be allowed no peace until women obtainod the vote.

Miss Barbara Wylie, alluding to the raid on Buckingham Palace, said that "Red Thursday" would have results more widespread than had yet been seen. One result would certainly be that the women would become more and more determined to cast off their chains, hold up their heads and blow down to neither the Government nor the King.

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CAINSVILLE

(From our own correspondent.)

Mrs. James Dunn, of Galt, spent the latter part of last week at the home of Mr. and Mrs. Dawdy.

Mrs. Hassard, of Brantford, returned to her home on Tuesday after having spent several days at the home of her sister, Mrs. Dutton.

Dr. and Mrs. Raphael spent the holiday in Toronto.

Miss Mary Teeple spent the week-end at the home of her brother in Ancaster.

Rev. Mr. Roberts, M.A.,B.D., of Jarvis, was a guest at the home of Mr. and Mrs. Wilson part of last week.

Mr. and Mrs. Hartwell, of Brantford, spent the holiday at the home of Mr. and Mrs. Dawdy

The League will hold their anniversary services on Sunday, May 31st. Rev. Mr. Marshall, of Oxford St., will preach in the morning and Rev. Mr. McClintock, of Alexandra, will conduct the evening service. The choir, assisted by Miss Heaman, Brantford, and Mr. James Smith, Mount Hope, will furnish special music for the day. The following Monday evening an At Home will be given by the leaguers.

A very quiet and pretty wedding was solemized at Wellington Street parsonage on Wednesday, May 20th, when Rev. Mr. Hamilton united in holy bonds of matrimony Miss Pearl King of Cainsville and Mr. Roy Roberts of 182 Wellington St. Brantford. The bride was attended by Miss Ellen Brett and the groom by Mr. I. Brabbs, both of Brantford. The bride looked charming in a blue brocaded suit with hat to match. The happy couple left on the 3.45 car for Hamilton and points east, and on their return will take up their residence in Brantford. Cainsville friends extend congratulations and wish the happy couple a long and prosperous wedded life.

Mrs. Bishop, accompanied by her little daughter, of Ancaster, was a guest of Mr. and Mrs. Book on Thursday.

Miss Libby Vanderlip, of Brantford spent the holiday with relatives here.

Rev. Mr. Morrow conducted the morning service in the Methodist church last Sabbath. Miss Gladys Woltz and Miss Winnie Turvey received the rite of baptism, after which they together with Miss Mildred Robinson, united in church membership. Rev. Mr. Morrow chose a very appropriate subject: Our Dominion, its present, past and future possibilities. The text was found in I. Tim. 2: 1 and 2. The address was a very stirring one, full of historical incidents and references to the makers of our vast Dominion.

Rev. Mr. Cook had charge of the evening service. His text was found in Matt. 11, 4 and 5, and his discourse was very much enjoyed by those present.

Miss Sudbury, of Brantford, spent the holiday at the home of her aunt, Mrs. Mayes.

Mr. Will Dawdy and his son, Stanley, of Pine Grave, were guests at the former's father's on Sunday.

Mr. and Mrs. Avery spent the holiday in Hamilton.

Mr. George Woltz, of the O. A. C, is spending a few weeks with his parents, after having completed his course at the college.

Mr. Mahlon Wilson, of Jerseyville, visited at the home of his son Charles Wilson, on Tuesday.

Mr. and Mrs. Arthur McAllister celebrated the twenty-fifth anniversary of their marriage on Thursday afternoon, May 21st. The elaborate wedding dinner was served in the tea room, which was beautifully decorated with apple blossoms. A very enjoyable time was spent by the large number of guests assembled and Mr. and Mrs. McAllister were the recipients of many beautiful pieces of silverware.

The Misses Mulligan spent the holiday with relatives at Middleport.

Mr. and Mrs. J. D. Norrie and family, Mr. and and Mrs. Herb Clark and family and a number of their friends, spent a very enjoyable day picnicking at the home of Mr. and Mrs. Will Norrie, Oakland. Quite a number motored there and remained for the garden party at night.

Mr. and Mrs. Gillen and family, of Alford Junction, visited at the home of the latter's parents on Sunday.

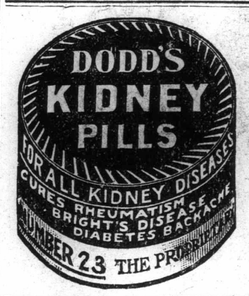
Because of the holiday on Monday, League was held on Tuesday evening. A report was given by the different convenors of the various departments of the league, as it was the annual meeting.

Mr. S. Harold, of Brantford, was the guest of his sister, Mrs. James Clark, on Tuesday.

Miss Annie Smith, who has spent five weeks at the home of her brother H. E. Smith, Aylmer, returned on Wednesday.

The funeral of the late Elizabeth Duncan took place from her late residence on Saturday afternoon at 3 o'clock to Greenwood cemetery. Rev Mr. McClintock, assisted by Rev Mr. Morrow, officiated. The deceased was one of the oldest residents in the county, having reached the ripe age of 94 years, 9 months. Having come to this country from Scotland in 1834, she was married in 1837 to Mr Wm. Duncan. Previous to her death she had been a patient sufferer for some months. The pallbearers were: Mr. Wm. Duncan, Brantford; Dr. M. H. Langs, Hamilton; Dr O. R. Langs, Langford; Mr E. R. Langs, Langford; Mr Henry Allen, Hamilton; Mr James Reid, Cainsville. Among the floral tributes was a pillow from the family, sprays from Alexandra church, Ladies Aid and brotherhood; Cainsville Women's Institute, Mr and Mrs W. E. Duncan, Mrs Secord, Mrs. Whitehead, Brantford; Mr and Mrs John Duff and Mr. Ira Baker and son. Among those left to mourn the loss of the departed are Mrs A. Langs, Mrs. Wm. Duncan and Miss Eliza Duncan, an adopted daughter, besides a large circle of friends.

Miss Ethel Taylor of Brantford spent the holiday with her friend, Miss Gladys Woltz.



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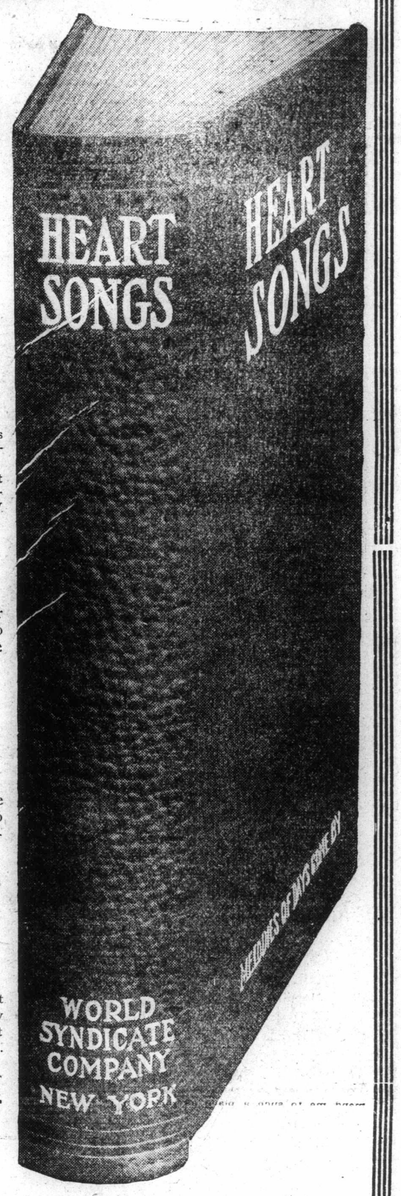

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America
American Hymn
Angelic Songs Are Swelling
Angels Ever Bright and Fair
Annie Laurie
Annie Lisle
Ariel
Arise, My Soul
Auld Lang Syne
Auld Robin Gray
Aura Lee
Baby Bunting
Baby Mine
Barbara Allen
Battle Cry of Freedom, The
Battle Hymn of the Republic
Be Kind to the Loved Oones at Home
Beautiful Bells
Beautiful Dreamer
Beautiful Isle of the Sea
Beautiful Star in Heaven so Bright
Because You're You
Believe Me if All Those Endearing Young Charms
Belle Mahone
Birds in the Night
Blanche Alpen
Blow the Man Down
Blow, Boys, Blow
Blue Alsatian Mountains, The
Blue Bells of Scotland, The
Blue Juniata, The
Boatman's Dance, De
Bohunkus
Bonnie
Bonnie Banks o' Loch Lomon', The
Bonnie Blue Flag, The
Bonnie Dundee
Bonny Eloise
Bowld Sojer Boy, The
Break, Break, Break
Bridal Chorus from Lohengrin
British Grenadiers, The
Brother, Tell Me of the Battle
Bruce's Address
Buffalo Gals
Bull Dog, The
Bunker Hill
Buy a Broom
By the Sad Sea Waves
Call Me Pet Names
Campbells are Coming, The
Camptown Races
Captain Jinks
Carrier Dove
Carry Me Back to Old Virginny
Castanets Are Sounding
Chinese Baby-Song
Christians, Awake
Clime Beneath Whose Genial Sun
Co-ca-che-lunk
Come, All Ye Faithful
Come Back to Erin
Come Home, Father
Come, O Come With Me
Come, Thou Almighty King
Come, Thou Fount of Every Blessing
Come Where My Love Lies Dreaming (Quartet)
Come, Ye Disconsolate
Comin' Thro' the Rye
Cooper's Son
Cradle Song
Cradle Song
Cradle Song
Danish National Hymn
Danube River, The
Darby and Joan
Darling Nellie Gray
Dear Evelina, Sweet Evelina
Dearest Mae
Dearest Spot is Home, The
Dixie
Do They Think of Me at Home?
Dost Thou Love Me, Sister Ruth?
Douglas! Tender and True
Dream Faces
Drink to Me Only With Thine Eyes
Dutch Company, The
Dutch National Song
Dying Volunteer, The
Embarrassment
Emmet's Lullaby
Enchanted Isle, The
English Chanty
Evening Star (Tannhauser)
Ever of Thee
Faded Coat of Blue
Farewell Song
Field of Monterey, The
Firmly Stand, My Native Land
First Nowell, The
Flee as a Bird
Flow Gently, Sweet Afton
Flowers That Bloom in the Spring, The
For You
Forsaken
Free America
Gaily the Troubadour
Gaudeamus Igitur
Gentle Annie
Girl I Left Behind Me, The
Glorious Fourth, The
Go to Sleep, Lena Darling
Go 'way, Old Man
God Be With You
God is Love
God Speed the Right
Good-bye
Good-bye, Sweetheart, Good-bye.
Good-night
Good-night, Farewell
Graduates' Farewell, The
Hail, Columbia
Hail to the Chief
Happy Land
Hard Times Come Again No More
Hardy Norseman, The
Hark! I Hear a Voice
Haul on the Bowlin'
Hazel Dell, The
He Leadeth Me
Heart Bowed Down, The
Heart of a Sailor, The
Heaven is My Home
Her Bright Smile Haunts Me Still
Holy, Holy, Holy!
Holy Ghost, With Light Divine
Home Again
Home, Sweet Home
Home to Our Mountains
Homeland, The
Homeward Bound
Hoop De Dooden Do
How Can I Leave Thee?
How Gentle God's Commands
Hush, My Babe
I Cannot Sing the Old Songs
I Dreamt That I Dwelt in Marble Halls
I Wandered by the Sea-Beat Shore.
I Would That My Love
I'll Hang My Harp on a Willow Tree
I'm a Pilgrim
In Old Madrid
I'm Wearing Awa', Jean
In the Gloaming
In the Sweet Bye and Bye
Independent Farmer, The
Integer Vitae
Italian National Hymn
It's a Way We Have at Old Harvard
I've Left the Snow-Clad Hills
Jack and Jill
Jamie's on the Stormy Sea
Jerusalem
Jerusalem the Golden
Jesus! the Very Thought of Thee
Jingle, Bells
John Anderson, My Jo
John Brown's Body
Johnny Sands
Jordan Am a Hard Road to Trabel
Joy to the World
Just As I Am
Just Before the Battle, Mother.
Juanita
Katey's Letter
Kathleen Aroon
Kathleen Mavourneen
Keller's American Hymn
Kerry Dance, The
Killarny
Kind Words Are Dear to All
Kingdom Coming
Lase Rose of Summer, The
Lauriger Horatius
Lead, Kindly Light
Let Me Dream Again
Life on the Ocean Wave, A
Lightly Row
Lily Dale
Listen to the Mocking Bird
Little Bo-Peep
Little More Cider, A
Loch Lomond
Lone Fish-Ball, The
Long Ago
Long, Long Ago
Long, Long Weary Day, The
Looking Back
Lord's Prayer, The
Loreley, The
Lorena
Lost Chord, The
Love Not
Lovely Night
Love's Young Dream
Love's Old, Sweet Song
Low-Backed Car, The
Lullaby
Lulu is Our Darling Pride
Lutzow's Wild Hunt
Maggie by My Side
Make Me No Gaudy Chaplet
Marching Along
Marching Through Georgia
Mariner, The
Marseillaise Hymn, The
Mary Had a Little Lamb
Mary of Argyle
Maryland! My Maryland
Massa's in de Cold, Cold Ground
Meerschaum Pipe
Mermaid, The
Michael Roy
Midshipmite, The
Miller of the Dee, The
Miss Lucy Long
Missionary Hymn
My Ain Countrie
My Faith Looks Up to Thee
Oh, Hush Thee, My Baby
Oh! Susanna
Oh! Willie, We Have Miss'd You
Old Arm Chair, The
Old Black Joe
Old Cabin Home, The
Old Dan Tucker
Old Folks at Home, The
Old Hundred
Old Oaken Bucket, The
Old Rosin, The Beau
Old Sexton, The
Old Shady
One Sweetly Solemn Thought
Onward, Christian Soldiers
Orphan Boys, The
Our Baby
Our Native Song
Out on the Deep
Over the Garden Wall
Paddle Your Own Canoe
Peter Gray
Pirates' Chorus
Polly-wolly-doodle
Promised Land, The
Quilting Party, The
Rainy Day, The
Red, White and Blue, The
Rest for the Weary
Retreat
Rig-a-jig
Robin Adair
Robin Ruff
Rock Me to Sleep, Mother
Rock of Ages
Rocked in the Cradle of the Deep
Rory O'Moore
Rosa Lee
Rosalie
Rose of Alabama, The
Roy's Wife of Aldivalloch
Sailing
Sally Come Up
Sally In Our Alley
Santa Lucia
See a Your Feet
See-Saw Waltz Song
Swing Low, Sweet Chariot
Sweet Spirit, Hear My Prayer
Switzer's Farewell, The
Sword of Bunker Hill, The
Take Back the Heart
Take Me Home
Tapping at the Garden Gate
Tar's Farewell, The
Tempest of the Heart
Ten Little Niggers
Tenting To-night
Then You'll Remember Me
There Were Three Crows
There's Music in the Air
They All Love Jack
Those Evening Bells
Thousand Leagues Away, A
Three Blind Mice
Three Fishers Went Sailing
Three Little Kittens
Three Little Pigs, The
Three Sailor Boys, The
'Tis All That I Can Say
'Tis But a Little Faded Flower
'Tis Midnight Hour
Tom-Big-Bee River
Tom Bowling
Too Late! Too Late!
Toyland
Tramp! Tramp! Tramp!
Twenty Years Ago
Twinkling Stars Are Laughing, Love
Two Roses, The
Upidee
Vacant Chair, The
Vive La Compagnie
Warrior Bold, A
We'll Pay Paddy Doyle
We'd Better Bide a Wee
Were You Ever in Rio Grande?
What Fairy-like Music
When He Cometh
When Johnny Comes Marching Home
When Shall We Three Meet Again
When the Lights Are Low
When the Swallows
When This Cruel War is Over
When to Thy Vision
When You and I Were Young
Who is Sylvia?
Would I Were With Thee
Yankee Doodle
Yankee Ship and a Yankee Crew, A
Your Mission
You Never Miss the Water