

DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

What You Can Do to Change Awkwardness Into Real Skill

By DR. LEONARD KEENE HIRSHBERG.

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



DR. HIRSHBERG

The self-satisfied, successful man in a position of honor and respect, who is not in the least bit awkward, is a man who has learned the art of making a bungler a graceful person.

Indeed, a child or servant, eternally awkward, who is not in the least bit awkward, is a man who has learned the art of making a bungler a graceful person.

Prof. Strong, a well-known investigator, has also observed these facts. "Rookies are awkward," he points out, "and know nothing of drill." Later they march and drill with marvelous precision.

The fact that such blunders occur is commonplace enough, yet the child, apprentice, new employee or other unskilled person just learning how to do a thing is punished, rebuked or discharged and not helped as in the case of the recruit.

Proof in Bricklaying. Awkwardness has been replaced by skill, yet drill and constant repetition does not explain the movements through which a man does not become a refined product or grow more and more accurate in his movements through repetition, according to psychological experiments.

Prof. Strong, Gilbert and other experimental psychologists have shown that the average bricklayer lays about 125 bricks per hour. Yet a bricklayer can lay 250 bricks per hour, and moreover, he is less fatigued at the end of the day.

Prof. Gilbert has reduced the motions of a bricklayer from 18 to 3 by means of a budget to supply the bricks conveniently and at the height of the bricklayer's belt.

In this way the effort to lower himself two feet and raise it two feet every time a five-pound brick is put in place is eliminated. It is not repetition or drill which moved this inefficient awkwardness, but intelligence. An experiment will show this.

Try This Test. Ask yourself to recite the alphabet as rapidly as possible. Time him in seconds. Also recite mistakes. Repeat this ten times. Now call upon him to recite the alphabet backwards. Time him again. Time and note the errors. This is all more or less similar to the command and response "Right shoulder arms."

It is evident that it is the observation and understanding of the errors made upon their intelligent, calm and

dispassionate removal more than the perfection which finally changes stupid, indifferent, unintelligent movements into accurate, skillful ones.

When an individual sometimes loses his temper or uses unnecessarily abusive language, stamps his feet, cries or kicks some nearby object that was to have been fixed. Interference with improvement and the acquisition of skill.

Sullenness, stubbornness, lost temper, nervousness, annoyance, exasperation, irritability, crustiness and explosive actions do not help toward learning to do or to know things.

Plainly, then, it is to the advantage of the executive, or parent, as well as the victim, to explain and to make clear why skillful actions are needed and how they may be obtained.

Answers to Health Questions

S. C. K. Q.—Kindly advise me what to do for wrinkles.

A.—Those lines at the corners of the eyes are the paths of laughter, and those between the eyebrows are due to the bad habit of frowning. You should avoid an expression of anger, and you must see to it that your skin is not too dry. Here is a cold cream which reassures some of our readers. It is made of the following ingredients:

Almond milk 1½ ounces
Rosewater 6 ounces
Alum 40 grains

C. R. A.—It is evident that you neglected to include a stamped, self-addressed envelope for a treatment that is necessarily confidential.

D. W. S. Q.—Kindly advise me what to do for shortness of breath.

A.—Foods may cause this. If so, avoid sugar, bread, potatoes, cakes, pastries, sweets and starches of all kinds. Also avoid any food that is rich in fat. It is not repetition or drill which moved this inefficient awkwardness, but intelligence. An experiment will show this.

E. F. Q.—Kindly advise me what to do for a sore throat.

A.—Get plenty of fresh air and exercise in the open air.

W. H. E. Q.—Kindly advise me if drinking regularly, one to two glasses a day, will injure the health or cause one to form a dope habit.

A.—This is an advertised article, and, therefore, I do not discuss it.

E. G. W. A.—If you will send a stamped, self-addressed envelope with

your query repeated I will be glad to answer your questions.

R. M. A.—It is evident that you neglected to include a stamped, self-addressed envelope for a treatment that is necessarily confidential.

X. Y., London Ont. Q.—Kindly tell me what to do for enlarged pores?

A.—Massage the skin gently with a little of the following strong astringent that will serve to draw together the flabby skin, which has permitted the too wide opening of the mouths of the pores:

Rosewater 6 ounces
Elder flower water 2 ounces
Simple tincture of benzoin, 1½ ounce
Tannic acid 10 grains

C. F. Q.—Kindly advise me what to do for blackheads.

A.—Gentle massage with a sterilized piece of absorbent cotton or chamomile, followed by the application of a little paste made up with the following, will help:

Fuller's earth 4 drams
Vinegar 2 drams
Glycerine 3 drams

J. F. T., Goderich, Ont. Q.—Kindly advise me what to do for bronchitis?

A.—Tuberculosis is often associated with bronchitis, and therefore an examination must be made to determine the seriousness of your bronchitis. The

non-serious bronchitis usually disappears in about three weeks. Emulsion of cod liver oil is very good, and two or three drops of creosote is also very good. Vapors of steam, camphor and nitre help.

G. M. S. Forest, Ont. Q.—Kindly tell me what to do for blackheads.

A.—Gentle massage with a sterilized piece of absorbent cotton or chamomile, followed by the application of a little paste made up with the following will help:

Fuller's earth 4 drams
Vinegar 2 drams
Glycerine 3 drams

A. C. A., London, Ont. Q.—Please tell me what to do for blackheads.

A.—Those enlarged gristle and bones of the big toe should be removed by a surgeon. If there is inflammation of the part, a little vasoline may do much good. The application also protects the foot from irritation and rubbing with absorbent cotton pads.

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest, letters will be answered if accompanied by a stamped and addressed envelope is inclosed. Address ALL INQUIRIES TO DR. L. K. HIRSHBERG, in care of this office.

DIARY OF A FASHION MODEL

BY GRACE THORNCLIFFE.

She Discloses a Secret About Street Dresses.

I have been showing the smartest street dress of my blue tricotine. In fact, I think it is one of our best designs this year. I put it on this morning the first time, knowing I would soon have a request to show spring street dresses. Everybody wants a garment of tricotine gown these days, though we are showing some wonderful tricotine frocks in navy blue, black and bronze. The tan tricotine dresses are also quite good looking.

Well, to go on with my story of blue tricotine, I wasn't surprised when Miss Grace Goelet came in to order some spring gowns, to receive a request from Madame to show this basic model of blue tricotine.

With this dress I wear a broad black sailor shape of lisse straw, trimmed with little wheels of black grosgrain ribbon.

When I came out in this really stunning costume, Miss Goelet exclaimed with pleasure:

"That costume is effective in every way! The lines model your figure beautifully, and I like that sash of blue tricotine. Blue tricotine must have black braid somewhere. There is no smarter trimming for it, is there, Madame?"

"It is difficult to beat black braid and bone buttons on tricotine," replied Madame.

"Please let me see how that sash is managed," Miss Goelet said as I walked toward her so she could get a nearer view. "Oh, I see, it's cut in one with the front and then it fits in some miraculous way."

"Not miraculous at all," laughed Madame. "That sash in the tricotine, which is trimmed with buttons is really a camouflage dart and enables me to fit it smoothly over the bust and waistline without disclosing that it is a dart."

"Oh, that is the clever idea, is it?"

"To-morrow, MONOSCOPIC."

By Genevieve Kemble
SUNDAY AND MONDAY
APRIL 13-14.

A rather quiet day is indicated for Sunday, with the activities centered on things of the spirit under the Lunar sextile to Neptune, the mystical planet. Those whose birthday it is may have a quiet year with the interests centered on intellectual or mystical pursuits. A child born on this day will be impressionable and romantic.

Monday's astrological outlook is not very encouraging; the planetary figures indicate the popular attitude toward "blue Mondays." The astral influences are weak, but warn against sudden changes of fortune, advise against money risks of any nature, and urge unusual caution in the signing of letters, contracts, documents, etc. Just these give cause for slander, misrepresentation or false report. Those whose birthday it is should make no sudden change, avoid risk of money, and should sign all contracts cautiously. A child born on this day should be educated in the nobility of religion, honor and truth.

Copyright, 1919, by Newspaper Feature Service, Inc. Great Britain rights reserved.

The Adventures of Jimmy Coon

DICK OTTER HAS MORE TROUBLES.

As soon as Betsy Otter revived from her accident, she and Dick Otter had a nice visit, as they sat together on the bank of the deep pool on the Big Brook. Dick told Betsy about Mirror Pond and Murrumbidgee Brook, his parents, brothers and sisters and neighbors, and also all about the good times they all had in play and work.

Betsy said: "Dick, it must be lovely at Mirror Pond, and I really wish I could see that beautiful country."

And Dick replied: "Betsy, I'm very fond of you and I want to ask you to become my mate, and go back with me to live at Mirror Pond all the rest of your life."

Betsy was very shy at first, and said: "Dick Otter, this is awfully sudden, and I must think it over and ask my parents."

"Well, Betsy, let's go at once and see your parents, for I want to ask them if you can go home with me," urged the persistent Dick.

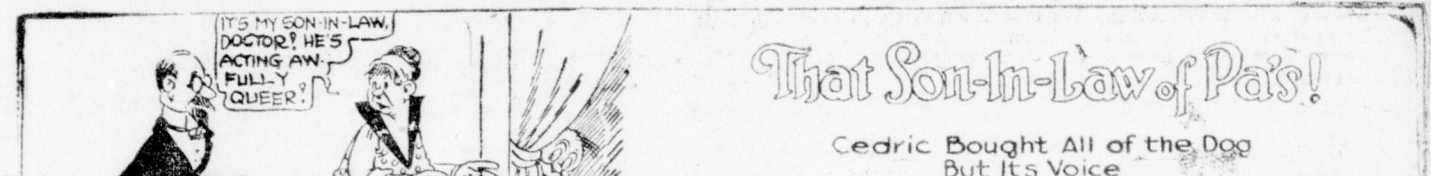
So both dived into the deep pool and swam for Betsy's home, as Betsy swam ahead to lead the way. It was quite a long way off, and it was a very pretty sight to see these two swift swimmers winding through the many turns in Big Brook. And I want to tell you that, although Dick Otter was a very big and powerful swimmer, it was about all he

could do to keep up with Betsy. Of course, she had been swimming for years, and her fur coat seemed dried, as she glided so quickly and easily and every curve of the Big Brook, just out of pure fun, she would now and then suddenly dive and swim under the water. Then she would swiftly swim under water around some sharp curve, and hide so suddenly behind some rock or stump in the water that Dick couldn't find her.

Then once Dick would become almost distracted, and he would hunt all around, and then come to the surface and look and look and call and call: "Betsy, Betsy, wait for me. Where are you? I'll follow you to the ends of the earth, but do not leave me alone. And by and by, Betsy would pop up behind some hummock of moss, far away, and laugh heartily at Dick, and call out, "Come on, Dick, make you swim. Can't you swim as fast as I can?"

And poor Dick looked very sheepish, and felt very foolish, as he swam rapidly to catch up with the roguish and jolly Miss Betsy.

The Advertiser's Comics



Cedric Bought All of the Dog But Its Voice

WHAT? YOU WANT ME TO GIVE THAT SAPHIRE \$500 TO INVEST FOR HIMSELF AS HE SEES FIT?

AND TO PROVE THAT HE HAS EVERY CONFIDENCE IN HIMSELF HE IS WILLING TO TAKE \$500 IN A LUMP SUM IN PLACE OF THE \$500 YOU ALLOW HIM YEARLY, AT \$50 PER MONTH.

THAT'S DIFFERENT! YOU'RE ONLY!

YES, POTTER! I SHALL STAY AT ONCE TO LOOK ABOUT FOR A GOOD INVESTMENT. I HAVE NO DOUBT OF MY IDEAS.

HEY MISTER, PLEASE SLIP THE BOSS A DIME—HE'S BLIND!

I LIKE THE BRID BEIT, I SEE IT LETS ME INVADERS UNDER ONE SIDE, MISS GOELET SAID.

That is just one side lapped over to form a cascade. It is draped elegantly over the hips, you see?

No, I don't see at all, said Miss Goelet, "but the effect is altogether lovely. You can imagine how well managed to achieve the various lines, but I can never hope to understand them."

Oh, they're quite simple to the initiated, laughed Madame.

I'll explain to you that the sleeve is sewed in so as to preserve the long underarm line and give a snug finish around the shoulders. You understand that, now?

Madame laughingly inquired: "don't want to understand any more. I want only to wear it as soon as possible. Make me a gown just like it, please."

Won't you try on this hat? Madame asked.

That sash is tail with wavy golden hair, and she knows how to put on a hat. It was very becoming and she didn't hesitate to order it.

DID HE FALL FOR IT? SAID?

HOOK LINE AN SINKER, FIVE HUNDRED.

BY JINKS, YOU'RE SPENT! A NIZ AT THROVIN' YER VOICE, OL SPORT!

I AMN BEEN YER BEST VENTRILOQUIST IN VALDEVILLE FOR TWENTY YEARS FOR NOTHING, LEM!

OH DEARS! I HOPE IT ISN'T BRAIN FEVER!

COME ALONG, NOW, OLD CHIMP, SPEAK TO ME! SAY ANYTHING AT ALL!

DO ANYTHING TO ME! I'LL WEAR IT AIN'T MY HEART!

DEAR! I HOPE SHE'S ANYHOW LIKE THE WAY MY HAIR IS FALLING OUT SINCE I HAD BINE. TIL I!

LISTEN TO THE BOY RAIL!

DO SOMETHING TO ME! I'LL WEAR IT AIN'T MY HEART!

DO SOMETHING TO ME! I'LL WEAR IT AIN'T MY HEART!

DO SOMETHING TO ME! I'LL WEAR IT AIN'T MY HEART!

DO SOMETHING TO ME! I'LL WEAR IT AIN'T MY HEART!

DO SOMETHING TO ME! I'LL WEAR IT AIN'T MY HEART!

DO SOMETHING TO ME! I'LL WEAR IT AIN'T MY HEART!

DO SOMETHING TO ME! I'LL WEAR IT AIN'T MY HEART!

MY HEART AND MY HUSBAND

ADELE GARRISON'S NEW PHASE OF

REVELATIONS OF A WIFE

What Happened When Madge Asked Dicky To the Stockbridges.

What! Go to a town I never saw before and strut around like a ham fat actor spilling little pieces about, beside needs across the water. Nothing to do. You're crazy, Madge! Better go and have your head examined.

This was the reception which Dicky accorded to my delivery of the invitation of Mr. Stockbridge and his wife. I was dismayed for I had expected a tempestuous refusal when I broached the subject.

But Dicky's bark is always worse than his bite, so I made no reply for a moment or two, pretending to be absently occupied with the lot of sewing I had in my hands. When I had given his extravagant words time to echo and reverberate against his consciousness I said quietly:

"I am afraid I haven't made you understand the situation, dear. You, nor any of the men who were abroad, can realize how absolutely ignorant we people at home are of the real happenings over there. And don't you realize how imperative it is that the children of today should have impressed upon them just the things that you and men like you could bring home to them?"

"Tell 'em Anything."

"For heaven's sake, that kind of dope out!" Dicky rejoined crossly. "You're not delivering a lecture in your classroom, remember. All this guff doesn't impress me one bit. Not that I would kick so much on talking to the kids, if you could get a hint off by themselves somewhere, where there weren't a lot of smirking schoolmarmes lined up behind them, criticizing every word a fellow let out of his mouth, that that's impossible, of course."

"As for the other scheme of going to that principal's for dinner and meeting some of the leading citizens afterward," Dicky said, "I'll sooner be in the eternal oven with a fractured skull—please give me something to eat, and let me know what you think of my idea with tinuous language!"—he bowed to me mockingly—and that's final."

"But what shall I write to Mrs. Stockbridge, Dicky?" I asked.

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please, that I'm shell-shocked, and can't speak three consecutive words straight, or that I haven't eaten at a civilized table in so long that the sight

of a fork makes me sick."

"That's your business, not mine," he retorted brusquely. "Tell 'em anything you please,