

LECTURE

By Dr. Carolyn Geisel.

(Continued from page 2)

(Q.) What causes, and what is the remedy for, small dents on the finger nails?

(A.) Those sometimes indicate heart and lung trouble. If the writer of this question is here, I would advise her to see a doctor. There may not be anything the matter with her, but it is better to be sure, these may also indicate over-work or over-worry.

(Q.) Are violent exercises injurious to a person with an intermittent heart?

(A.) Yes. Ask your own doctor just how much exercise you can, in your case, safely take.

(Q.) What is the cause of excessive perspiration in the Axilla, which is under the arm?

(A.) Nothing can be done for it, as it is absolutely necessary for the body to throw out its poison. A little boracic acid, would help to prevent any disagreeable odor.

(Q.) Are Kellogg's toasted Corn Flakes a valuable food?

(A.) Yes. (Although you know I am not getting paid to advertise Kellogg's goods). They have been thoroughly crubbed, until clean; then toasted until crisp which makes them so palatable.

I wonder why we use so much of this patent food, that the world turns out, every year. I never bought Kellogg's Toasted Corn

Flakes, but if I am correctly informed, they cost from ten to fifteen cents a package. Easily for one cent you can get a pound of corn. Why do you spend your money on patent corn flakes, when you can prepare it ever so much cheaper at home, by yourself or your servants; when we are trying so hard to put down the high cost of living.

(Q.) Is it harmful to drink much cold water, when a person suffers from Obesity? (b) Will cold water increase Obesity?

(A.) No. You should take about two and a half quarts of water every day. (b) Just slightly.

(Q.) Is chocolate taken as a beverage wholesome?

(A.) Most certainly, as it contains oil, and should always be used in preference to tea or coffee, as those contain no nourishment whatever, they are only stimulants.

(Q.) When hot water is taken instead of cold water, how hot should it be?

(A.) As hot as you can take it. (Do not burn your mouth).

(Q.) Can inflammation of the arteries be cured?

(A.) Yes, if taken in time.

(Q.) What is the cause, and what is the cure of Consumption?

(A.) We cannot have Consumption without having the germs. One expectation by a person suffering from this disease, results in distribution of 18-

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THE BRITISH THEATRE

000 germs. The germs multiply at the rate of 1,800 in twenty-four hours, and thrive in the darkness, dirt, and dampness. Therefore, let the direct sunshine in, open the windows, take away the curtains, and keep every place scrupulously clean. The people in parts of this Island live too exclusively on tea and white bread, which accounts in a measure for the prevalence of Tuberculosis.

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Many Americans Die in France

Germans Hate the Foreign Legion Worse Than They do the British—In One Charge Only 180 Survived Out of 1000

Paris, Oct. 9.—Americans in the Foreign Legion who disappeared and are believed to have been killed in the battle in Champagne are Edmond C. C. Genet of New York, a grandson of Governor Clinton and Paul Kavelka, both of the second battalion of the First Regiment; Lieutenant Charles Sweeney, formerly of West Point; Jack Casey, formerly a New York newspaper artist; Robert Soubrian of New York; Frank Musgrave, of New Orleans, Bob Scanlon, a negro puglist; Fredrick Zinn of Battle Creek, James Dowd, of Brooklyn, Frederick Capdeville, of New York, Dave King, of Providence, Alan S. Edgar of New York, and Elow Nelson of Milwaukee, all of the second battalion of the second Regiment.

Wounded in hospital are D. W. Thoran, South Dakota, seriously in the back of the head; Charles Trinkard of New York, with two bullets in the right shoulder, and Dr. David Wheeler of Boston, the big game hunter and arctic explorer, formerly attached to the American Ambulance, who has a shattered leg. All are of the First Regiment.

Dr. Wheeler was brought here by the American Ambulance, a special permit being granted owing to his previous connections with it. When he was wounded he injected morphine with which as a physician he was liberally supplied, into himself, and then crawled seven kilometers to the rear, pausing to inject morphine into many badly wounded men.

The Legion were brought to Champagne. All citizens of the allied nations then had an opportunity to join their own armies or regular French regiments. The rest were merged into a single regiment of two battalions, 4,000 strong, the merger being completed on the 24th.

The regiment was then ordered to the front line of trenches on the left centre, where the Germans immediately shouted: "We know you, Foreign Legion. If you attack we will get you this time."

The Germans hate the Foreign Legion worse than they do the British.

The Legion was held until Sept. 20. It then led the assault on the German second line. The troops melted under the terrific fire, but rushed an apparently impregnable position and captured a fortified wood in the rear. Only 180 men survived of the second battalion of the old First Regiment. (A French battalion consists of 1,000 men).

The last man Dr. Wheeler saw alive was the commandant, who was talking with him and a Captain. When the latter was killed Dr. Wheeler was wounded.

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