

DAILY MAGAZINE PAGE FOR EVERYBODY

Health and Happiness

Virtue in Wink. It Shows Your Self Control

By Dr. L. K. Hirschberg
A.B., M.A., M.D. (Johns Hopkins)
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EVERY man, woman and child should be able to wink. The ability to make a wink convey its own story means that the little muscles of the eyelids have been educated and are under the control of the brain.

Evening flirting by means of the wink has far more of virtue than of vice attached to it. In any case the use of the wink is merely the acquisition of a new form of expression and communication—not a new form, perhaps, but an added accomplishment. Any man, woman or child who has learned to wink at pleasure has gained a sharp battle in his or her war with experience, because each tiny muscle that acquires a new capacity for doing things advances the individual's efficiency.

Naturally, one thinks of flirtation as one of the very first considerations when winking is discussed. But few of those whose minds are thus directed know that a great scientific fact underlies the wink that Cholly Van Dusen casts at a particularly likable member of the chorus as he waits at the stage door.

The wink is a noble evidence of muscular vigor. It shows expert facial control. It is an omen of a sound mind in normal tissues. No insane man winks. Many of the greatest men of science use the wink as a daily addition to their forms of expression.

There are times, however, when a wink is a danger signal that is hung out as a warning to go and see your doctor and have some physical ill corrected. Such was the case of a little boy whose mother came to me for advice. She desired to know why her boy blinked his little eyes so frequently. It was soon discovered that he was going to bed too late, that he played hard, studied hard, needed eyeglasses, ate too much meat and arose too early in the morning. When these troubles were corrected his blinking disappeared as Aladdin's chafon came down with a wishing ring.

In many cases a multitude of instantaneous vibrations of the eyelids can be traced to nearsightedness, farsightedness, sensitive pupils, habits, muscular training, reading with poor light and other causes that your family doctor can ascertain easily and which can be corrected by eliminating the cause.

DAILY HEALTH HINT

Sneezing is more prevalent on these waning days of the year than in the hay-fever season. Luckily enough, sneezing, contrary to general belief, does not always signify a "cold" or a "cough." Many superstitions associated with sneezing survive in the Jewish custom of saying "Good Health" every time any one sneezes. An American counterpart to this is a "God Bless You" to each sneeze.

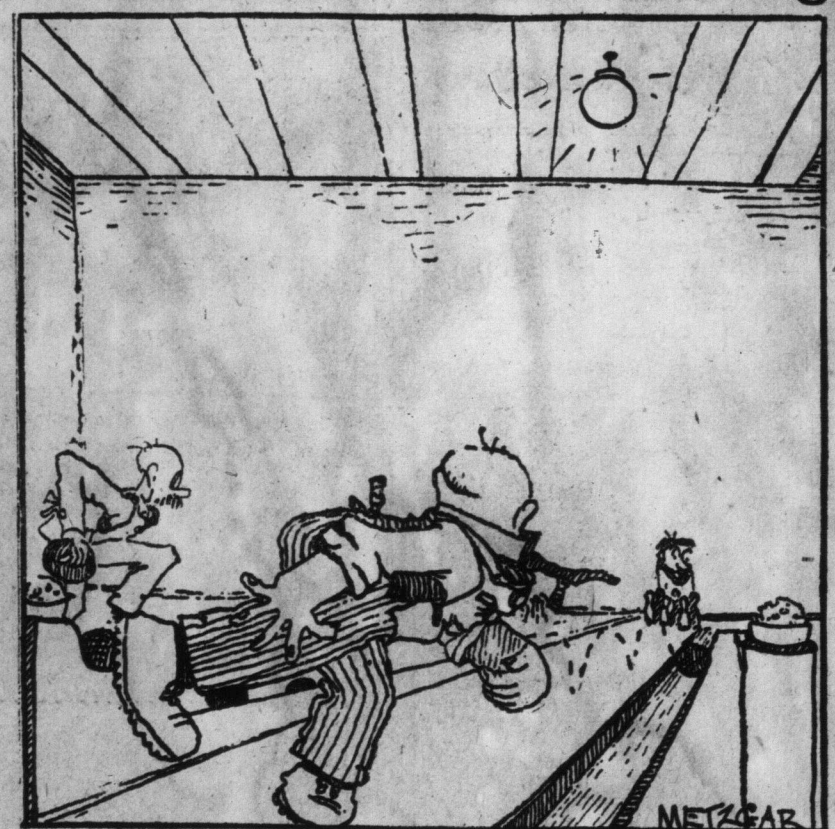
Among the myriad of irritations that induce a sneeze are microbes that invade a snuffy, uncaring, overheated nostril, which, upon sudden exposure to the cold, fails to properly contract; particles of dust inhaled; tickling of the nostril by a hair or a feather; sneezing powder and snuff inhalations, and foreign bodies. Little swellings and mucus in the nose.

You are interested in preventing sneezing from microbes and dust. The cure of the sneezing weakness is effected by sleeping at night in well-aired rooms with the windows wide open. In the Arctic, sneezing is almost unknown. Jansen, Stephenson, Scott, Amundsen and Peary all testify to the absence of "colds" and sneezing there. The membranes of the nose and throat become used to the zero weather; they are as elastic as a rubber band and respond promptly to either cold or warmth.

Full, deep breathing, vigorous gymnastics with your muscles, washing your hands, face, head, neck and arms always in the coldest water will cure you of the sneezing trouble.

Answers to Health Questions.
Dr. Hirschberg will answer questions for readers of this paper on medical, hygiene 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. Hirschberg, care this office.

Willie Rites About Boling



PAW kem home the other nite sore clem throo. Yes ses paw my boss had the nerv to cum to me at 6 o'clock an ast me if I worruk awile this evenin an I ses nuttaly not I'm tide to deth an I couldn't do another tap after 6 an so I cum hoam an after supper I am foin to seke the Cloversede gud an nly.

Maw ses how about varnushin them shares an helpin me lay the parlor rug. Shucks yo doan no what real beln tired is. Even as maw wus speakin the doorbell wrung an Mr. Snyder of the bolin club walked in an ast paw to come over to the allies an rowl a few games as they wus shy a man on the tenn. Paw ses sure I'll go nite over. I never felt chipper I dew this nite. So paw bete it to the allies.

Paw is sum boler. I saw him 1 nite balans hesself to rowl the bawl down the allies an when he let the bawl slip out of his hand bet he wus redly it knocked all the pins down. Paw strutted bak to the bench an ses an thats the furst time I've had a boling bawl in my han for 20 yeres. When it cum he turn agin he wus rollin to troo form an he ded get

the bawl on the allies at all. Huh paw ses that guy on the other ally wus rollin with my reglar bawl an I never can bole less I have my oan bawl.
Bolin is a grate game. When you know all the pins down they cawl it a strike cause theres allus a labor agianun among the pin boys to see who has to set em up agin. When paw got hoam from bolin ma ses now comorre nite yew stay in an mind the bawls an safety pins, fer tomorro the fireless cooks nite out, mainn the femline hed of this famly.

WILLIE JONES.
UNSETTLED.
"So Tom and Jack shook dice to see which should propose first? Who won?"
"Dunno. Jack proposed and she accepted."

USED BASEBALL TACTICS.
"She was engaged within two days after she reached the Summer hotel."
"Yes, she bunched her knees when the opposing battery was weak."

ENCOURAGED.
"What made you learn to smoke?"
"My mother encouraged me."
"By telling me not to."

HOT HOUSE ROSES.

The second of the series of winter lectures under the auspices of the Rose Society of Ontario was given last evening in the studio of the Margaret Eaton School by Mr. Allen, head gardener to Sir Edmund Osler, M.P.

"Roses in the Greenhouse" was the subject of the address, which was given in an admirably simple and direct manner and was illustrated by many beautiful views.

Xmas Music for the Home at Moderate Cost.
Music is almost a necessity to fully enjoy the Xmas festivities. There is no reason for anyone to be without it. The wonderful Edison Phonograph will supply at a moderate cost the music for the home, not alone for the Xmas festivities, but the whole year round. A complete Edison display can be seen at Gerhard Heintzman's new phonograph parlors, 41 Queen Street West, at prices from \$39 up and can be had on easy payments if desired.

XMAS GIFTS SEE OUR WINDOWS For Xmas Gift Suggestions

Carving Sets in Cases, \$2.25 and up.
Pocket Knives, 25c to \$2.50.
Scissor Sets, \$1.75 to \$4.50.
Gillette Razor Sets, \$5 to \$7.50.
Boys' Tool Chests, \$9.00 up.
Wall Tool Cabinets, \$12.50 to \$48.50.
Auto Stop Razors, \$5.00 and up.
Phone Main 7066.

Aikenhead's
AIKENHEAD HARDWARE LIMITED
17-19-21 Temperance Street.

Wholesale and Retail



Suitable Christmas Gifts

OF all the useful gifts that can be thought of at this time of the year, we believe nothing can approach the general usefulness of the PORTABLE READING LAMP. It is something that can be appreciated by every member of the family. PORTABLE READING LAMPS have come into their own; you see more gas fixtures such as the one illustrated than ever before. They are a real necessity. They give a room that undefinable atmosphere of taste so apparent in the homes of those whose artistic ideas are reflected by the selection of furnishings entirely suited to themselves and their home. Select your design now from our beautiful and varied assortment. Prices run from \$1.50 up. Salesroom open evenings.

THE CONSUMERS' GAS COMPANY
12-14 Adelaide St. W. Telephones Main 1933-1188

FOR YOUR SCRAP BOOK

Ben King, a Chicago poet who began writing under the name of "Bow Hackley," wrote at least two poems which are destined to live as long as the English language, though many persons familiar with the verses have no idea who wrote them. They are posted in thousands of scrap books and are given here for the benefit of those who have not already saved them. King died about fifteen years ago, when only about thirty years old.

If I Should Die To-night.
If I should die to-night
And you should come to my cold
corps and say,
Weeping and heartick o'er my life-
less clay—
If I should die to-night,
And you should come in deepest grief
and woe—
And say, "Here's that \$10 that I owe,"
I might arise in my large, white
grave and say, "What's that?"

If I should die to-night.
And you should come to my cold
corps, and kneel,
Clasping my bier to show the grief
you feel,
I say, if I should die to-night
And you should come to me and there
and then
Just hint 'bout payin' me that ten,
I might arise the while,
But I'd drop dead again.

The Pessimist.
NOTHING to do but work.
Nothing to eat but food.
Nothing to wear but clothes.
To keep one from being nude.

Nothing to breathe but air.
Quick as a flash 'tis gone.
Nowhere to stand but on.

Nothing to sing but songs.
No time to make a tune.
Nowhere to go but out.
Nowhere to come but back.

Nothing to read but words.
Nothing to hear but voices.
Nothing to see but sights.
Nothing to feel but pains.

Nothing to comb but hair.
Nowhere to sleep but in bed.
Nothing to weep but tears.
Nothing to bury but dead.

Nothing to see but sights.
Nothing to quench but thirst.
Nothing to have but what we've got.
Thus through life we're cursed.

ADDS TO THE PLEASURE.
"I understand Gobang has quit smoking."

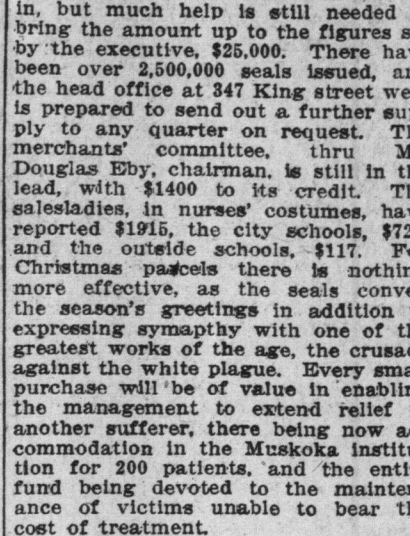
"Yes, he does that often. He says it's the initial trinity in the search for beauty."

CHRISTMAS SEAL CRUSADE.

Returns From Sources of Distribution Show Substantial Gain over Last Year.

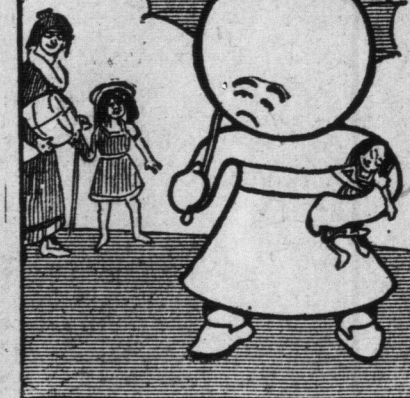
That the attractive design prepared for the Christmas seal issued by the National Sanitarium Association for distribution for the benefit of the Muskoka Free Hospital for Consumptives has proven popular is attested by the fact that the fund reported to date amounts to over \$600 more than on the same date last year, the figures being \$522, against \$4700. All collections are not in, but much help is still needed to bring the amount up to the figures set by the executive, \$55,000. There have been over 2,500,000 seals issued, and the head office at 347 King Street West is prepared to send out a further supply to any quarter on request. The merchants' committee, thru Mr. Douglas Eby, chairman, is still in the lead, with \$1400 to its credit. The salesladies, in nurses' costumes, have reported \$1915, the city schools, \$720, and the outside schools, \$117. For Christmas packages there is nothing more effective, as the seals convey the season's greetings in addition to expressing sympathy with one of the greatest works of the age, the crusade against the white plague. Every small purchase will be of value in enabling the management to extend relief to another sufferer, there being now accommodation in the Muskoka institution for 200 patients, and the entire fund being devoted to the maintenance of victims unable to bear the cost of treatment.

GOOPS
By GELETT BURGESS



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DAISY DUSST
Do you look down
on people just
Because they're poor,
like Daisy Dusst?
She thinks she's better
than the rest
Because she's somewhat
better dressed.
Her father's rich,
Her mother's grand;
Still, she's a Goop.
D'you understand?



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Don't Be A Goop!

The First Rules of Beauty

By MAGGIE TEYTE.



Maggie Teyte

BEAUTY is the inherent right of woman. Love of the beautiful is implanted in every woman's heart. If she is rightly constituted she will want to be an outward expression of that beauty. All nature is beautiful. Therefore it is but natural to be beautiful—or to wish to be. And the joyful truth is that we can all be beautiful if we are sincere enough in such desire to be willing to work towards that end.

In the series of beauty talks which I am going to give I shall be above all things practical. I am not going to favor any particular age or type or class of woman, but will give all women a chance to use their common sense to achieve a betterment of their personal appearance.

It is a fallacy that beauty is only skin deep. It has its roots in the soul. It can not be applied in a variety of ways. It is a quality that must be grown. In that way it will increase and defy time.

The first rule of beauty is good health. That means, more than anything else, a clean, active liver. For with a sluggish liver, one is incapable of achieving anything great. Next to health, comes happiness. A sound body, a happy heart and a clean mind form the initial trinity in the search for beauty.

With the Bark On.
Bad politicians often resort to good politics.
The sour stomach appeals the sweet disposition.
Drinking whiskey has put many men in deep water.
No man is rich who does not think he is.
The man of few words often keeps them busy.
It is pleasant to have a square mas'round.
It is becoming orthodox to oppose orthodoxy.
Remember the fate of the steel that is tough—it is made into hash.
On the melodrama stage the wages of sin is death.
The phonograph has one merit—it sticks to a life once it tells it.

A WOMAN'S MESSAGE TO WOMEN

If you are troubled with weak, tired feelings, headache, backache, bearing down sensations, bladder weakness, constipation, catarrhal conditions, pain in the sides regularly or irregularly, bloating or unnatural enlargements, sense of failing or misplacement of internal organs, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, I invite you to write and ask for my simple method of home treatment with ten days' trial entirely free and postpaid; also references to Canadian ladies who gladly tell how they have regained health, strength and happiness by this method. Write today. Address: Mrs. M. Summers, Box 65, Windsor, Ont.

COMMUTED FARES FOR WHITBY

WHITBY, Dec. 19.—(Special).—District Passenger Agent Horning, of the G. T. R., under the direction of Mayor Willis, spent the afternoon here in a thorough inspection of the great improvements under way all over town. This is preliminary to the immediate consideration by the passenger management of extending the zones for commuted fares.

A Victrola for Christmas.
A gift that will surely be appreciated is a Victrola from the Victrola parlors of Ye Olde Firm of Heintzman & Co., Ltd., 193-195-197 Yonge Street. The assortment is large, prices moderate and terms easy. Store open evenings till Christmas.



Make Your Boy an Outdoor Boy—Give Him an

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Have you a scout in your patrol wearing the Photographers' Badge? For Boy Scouts we have an ideal outfit, consisting of a tested Ensign Camera—in brown canvas case, with leather shoulder strap—uniform with scouts' general equipment. Every scout should have a camera, it is part of the outfit recommended by your Chief Scout—Gen. Baden-Powell.

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FROM ALL ENSIGN DEALERS.

Fancies of Fashion

Women Really Are Carrying Walking Canes

By Madge Marvel.

New York, Dec. 1.

SOCIETY'S interest in feminine walking sticks is worthy of serious notice. Oh, yes, women have been carrying canes, more or less, for the past year and it is no longer an unusual sight. In fact, the prominent shops are featuring women's walking sticks as suggestions for Christmas gifts, and they are dainty looking affairs in contrast to the heavy cane carried by mere man. Pretty silver handles adorn most of them.

As one becomes a part of a fashionable assemblage in New York, the attractive footwear is conspicuous. Seldom does one see the all black shoe for street wear. Good dressers have adopted the combination idea, that is, a black vamp with a colored top. Frequently the latter matches the costume but the tops in the brown shades, with a preference for tan or beige, are by far the most favored and these may be either of soft kid or cloth. Quite a few black and white effects are seen, that is, the vamp is of black patent leather and the uppers of white kid.

I have seen quite a few velvet tops to match the costumes. A smart shoe displayed along Fifth Avenue has the uppers of brown duvetyne and the buttons of a shaded brown pearl. The vamps of dull black kid are entirely plain and this seems to be the preferred mode this season. By-the-way, the fashionable vamp is long and plain and has the receding toe and favor is equally divided between patent leather and dull black kid. Women in general were quick to observe that the low heel which was introduced last season did not prove practical and so the heels of the fashionable shoe are now either of the



Cuban or new Louis type. Laced shoes are practically obsolete, for the time being, from a fashion standpoint. At the dressy afternoon occasions I noticed that the Colonial pumps prevail and in these, of course, the buckle is the chief feature.

Among dancers the "tango" slipper is popular. The shops are displaying these at high prices, but the girl who must practice economy can fix up a set of ornaments consisting of six pieces. Four of these are used to attach the ribbon to the slipper at the sides. One is used as a buckle on the vamp and the other where the Shepherd lacing are fastened, which is usually a few inches above the ankle. Aluminum is a popular metal for these ornaments.

I noticed a pretty dancer the other evening wearing black satin slippers with the ribbon lacing attached by aluminum frogs studded with rhinestones, emeralds and rubies. The miss wore black silk stockings with rhinestones set on in clocked fashion. Any girl can have these. The rhinestones can be purchased by the dozen and are merely sewed in a straight line up the sides, for about nine inches, and finished off at the top in an oblique square or any desired pattern.

The "Curse of Scotland"

AMONG the reasons why the nine of diamonds has been called the curse of Scotland the following has been given:

"Diamonds, nine of, called the curse of Scotland, from a Scotch member of Parliament, part of whose family arms is the nine of diamonds, voting for the introduction of the malt tax into Scotland."—Chronology; or the Historian's Companion, fourth edition, by Thomas Tegg, London, 1827, p. 308 (Addenda).

Could the arms of Daniel Campbell of Shawfield, member of Glasgow, contain the nine lozenges? His house was destroyed by a mob in 1726, because he was suspected of "having given Government the information on the habits and statistics of Scotland necessary for the preparation of the malt tax, as well as of having exposed a system of evasion of duties in our Scottish tobacco trade."—See "The History of Scotland," by John Hill Burton.

In the index to the "History" Campbell of Shawfield's Christian name is given as David. There is a George Campbell mentioned as having caused the nine of diamonds to be called the curse of Scotland because he stole nine diamonds out of the royal crown in the reign of Mary Stuart, in consequence of which all Scotland was taxed.