SATURDAY MORNING

THE TORONTO WORLD

**JANUARY 10 1914** \* DAILY MAGAZINE PAGE FOR EVERYBODY #

Is Today a Lost Art'

Secrets of Health and Happiness



omen

DES OF

ou think this is fu r. but I have found iano," said Mrs. Newly.

n't improve the im uld it?' laughed Mr them without h Use a scent a syringe and squirt the survey ou inside the in-mixture is made of soline and oil of lavenof bensoline to or and a few drops one drop to each ounce nt quantity

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Rubber Band Treatment Is Best for Frost Bites By Dr. Leonard Keene Hirshberg

A. B.; M. A., M. D. (Johns Honkins)

Copyright, 1913, by L. K. Hirshberg.] APTAIN SCOTT'S lamentable diary of his

trip to the South Pole describes the sudden appearance of frost-bites in his party. They had been through bitter weather; much colder than that experienced when the tips of noses, cars and flugers began to show frost bites. Captain Scott, Peary, Amundsen, Stephansen and the other explorers of loy wilds, ascribe these sudden spells of frost-bite to the blizzardy winds. This is incorrect. What has happened usually is that famine, fatigue or a reduction of the rations has brought about some disorder in the nourishment and blood brooks which are supposed to feed the skin.

The wind, of course, plays a part in making the DR. L. K. HIRSHBERG Arctic weather more annoying. Old Boreas, however.

is not so wicked a fellow in those instances as seems to first sight.

"The wind has a language I wish I bitten toes or fingers become overheated of warm. could learn!

Just as after a fever, the skin peels Sometimes 'tis soothing, and sometimes as the spell of chilblain-which comes 'tis stern. Sometimes it comes like a low sweet and goes many times in a season-subsides. If an attack of chilblain is neg-

And all things grow calm, as the sound lected, the flesh may form blisters and floats along. ulcers and cause gangrene and other And the forest is fulled by serious trouble. strain While working in the department of

And slumber sinks down on the wandermatology of the Johns Hopkins Hospital a few years ago, experiments dering main." In temperate climate, such as these made by me proved that chilblains can be in many instances benefited by plachereabouts, extreme degrees of frostbite, which are really advanced states ing rubber bands some distance away of chilblain, are very rare.

neighborhoods.

harass the sufferer.

around the nearby limb. Infants who are sent forth by many Thus the flow of blood is stopped. of us to be "hardened" and made im- Then suddenly allowing it to rush again mune to near-zero weather, old persons, into. say, the affected toes, rejuvenates them. This unusual treatment should and the weak generally, may be truly be carried out every hour for five minfrost-bitten even in these sub-Arctic

The fingers, toes, lips, ears and nose of these unfortunate blanch as white Answers to Health Questions as a Christmas snow. The nippings of Jack Frost at first squeeze all of the blood from the flesh and give it a ghostly waxiness. Soon the violet blood leaps back into the part. It now Dr. Hirshberg will answer ques-tions for readers of this paper on medical, hygiene and sanitation subassumes a swollen, nurnlish hun Itoh-

jects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general ing, burning, prickly, tingling torments Chilblain is a pernicious, if moderate interest letters will be answered per-

affliction, which has not reached the sonally if a stamped and addressed

# Are We Really Independent? BY WINIFRED BLACK Copyright, 1913, by Newspaper Feature Service

Vingel

Vark

KNOW a man who is in trouble. Desperate trouble. He's rich, he has good health, he has a devoted wife, three fine daughters, o manly sons, a beautiful home and a great circle of friends, but he's so worried he can't sleep-all on account of his daughters.

Three of them--and not one of them willing to live their lives the way he thinks they should live them.

"Here I am," he said to me just the other day, "here I am, hale, hearty, as rich as mud, fifty years old, just ready to enjoy life, and these three girls are fretting me into my grave:

"What's wrong with them? Not a thing on earth except that they're crasy, absolutely mazy. That's all there is to it. Good girls, as good as zold, pretty, too, and clever, but every one of them bitten with this independence microbe. "One of them wants to go East and live in a studio,

and teach artistic dancing "One of them wants to go to California and live in

studio and paint redwood forests. "And one of them says she'll die if she can't go to

New York and lead the broader life-whatever that may be. Oh, yes, there's a studio in that, too. You ing the matter with either of them. Why should they can't seem to do a thing with any of them without a ' want to come home and stay?" studio.

"I can't see anything different about a studio, can you? Just a room with some rugs on the wall instead of on the floor and somebody always messing with a the same right to their own independence as she, or chafing dish. Oh, I've been around to some of them. as the boys?" Daughters have been trying to educate me. Here I am, with a great big, magnificent house, built on purpose for them-a special sleeping porch for Madge, a special gyinnasium for Catherine, and the finest kennels in the going crazy, or what?" West for Blanche, and her Airedale fad. Just settling down to a life full of gay young people and some fun in living and every one of them is bound and determined to go somewhere else-anywhere, so long as its far enough away from home, and if there's a studio in it

"I don't see what's getting into them all. Every girl that comes to our house has taken up art, or music, or settlement work, or something. I sit behind my paper ters to-day. Are they going to make the world over, or and listen to them talk. It makes me dizzy. As for will the world make them over into something we do mother and me-we don't count at all. They try to be not love to think of? tactful, but I can see that they think we're kind of I keep wondering, and wondering.

worth listening to when it comes to the real business of life. "Art, dancing, music, why, they just want to get away from home,

that's all. Any excuse goes." "Well," said I, breaking into the current of my friend's desperate flood of furious talk, "why don't you let them?"

"Let them what?"

"Get away from home," I said. That's what they seem to want." The man gazed at me in petrified horror. "You," he gasped, "you"-"Where's Mary?" the eldest daugh-

"Why Mary's married."

"Is she at home with you?" Why, no, of course not." 'Where's George?" the second boy. "He's out in Australia-you know that-why"-"Where's Dick?" the oldest boy.

ter.

"You met Dick in Chicago the other day yourself. He's doing fine, getting a good start in architecture." When are either of the boys coming home-not for

a visit-for good?" "Coming home for good, the boys, why, there's noth-

"Why should the girls want to come home and stay?" said I to the man who is in trouble. "You let the one who married go without a word. Why haven't the others

The man threw up his hands.

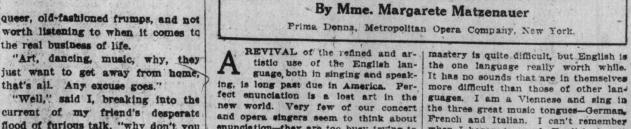
"You're as bad as they are," he groaned.

"What's the matter with all you women; are you all

"Perhaps a few of us are trying desperately to come to our senses"---- I began, but the man who is in trouble wouldn't stay for another word. He couldn't. It made him too emotional.

I have been thinking about him and his daughters and, his big fine, empty house, and his lonely, empty heart ever since, and wondering.

The world is full of just such girls as those daugh-



enunciation-they are too busy trying to when I began to speak English, but it get some pretty tonal effect. seems as though I have always spoken Our country seems med about "Opera it. Foreign singers who pronounce Engin English," but it is very difficult to lish as unsingable are either too laay understand these singers in what is al- or too thick-headed to master the Angloleged to be Grand Opera in English. Saxon tongue. There seems to be a general lack of The singer who has managed to mas appreciation of the orthospic beauty and ter the Anglo-Saxon tongue may well

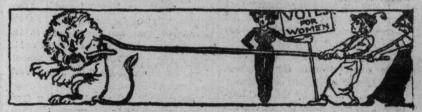
"Perfect Enunciation

appreciation of the orthoepic beauty and strength of the Anglo-Saxon tongue. What is the use of Opera in English if the people cannot understand the singers? The operas might better be sung in German, French or Italian—the enunciation then would be perfect. American or English singers will study faithfully every syllable of a song in a foreign language, but when they take up an English song they fhink the enunciation will take care of itself and the result is anything but ar-tistic. And this in spite of the fact that even in speaking the English lan-guage is pronounced very badly. English is a complex tongue and its

## Taming the Lion \* By Tom Jackson

HE lion is a savage beast, who's often in a rage; yet all the ones that we have seen were mostly in a cage. But whether in captivity or in his native lair, the lion chiefly is composed of roar and growl and hair. The lion in the jungle lives, where hunters seek his hide. But should the lion see one first, the hunter goes inside.

It is not wise to fool around a lion's mane or maw, unless the lion's inside plant has been replaced by straw. The lion seeks his food at night, and sleeps most of the day, like people do who have the coin along the Great White Way. The lion lives in many lands, and loves to roam the velts, where simple minded citizens wish he lived somewhere else. There is the lio



Marks, and bronze opes, full of verdigris, stand in

taining specimens of the dif-

ferent types. The film actually

portrays a man having a fit. The physician maintains that

the physician maintains that the moving picture is the only way of keeping a permanent re-cord of symptoms in rare cases, thus providing the only record which can be sent from place to

which can be sent from place to place and reproduced hundreds of times with the same effect as tho the original extremely rare case was being viewed. The pictures also furnish in the case of a certain kind of epileptic spasm, where a move-ment is extremely swift a means

ment is extremely swift, a means

lessening the speed of the film

and thus allowing recognition of

the movements in their slow

form that were hard when they were encountered at the origi-nal speed.

Gathered - by Hundreds of

Thousands in the Vinevards

of Burgundy.

The edible snail, which is con-

sidered a delicacy in France, is

a very different kind of snail

from that which the average man clears out of the back gar-

den, tho it is rather similar in

appearance. It is, however, about five times as large as the garden snail. The best for the

garden shall. The best for the table, according to Harper's Weekly, are found in Burgundy, where they are gathered by hundreds of thousands in the

These snails during the season

cost from twelve to fifteen cents a dozen. A dozen snails form

just an appetizer, as it were, before a meal. The season lasts

from November to February, those months when the snall burles itself underground to

special snail fork and eaten

In parts of France the cooked

vinevards.

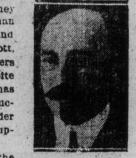
whole

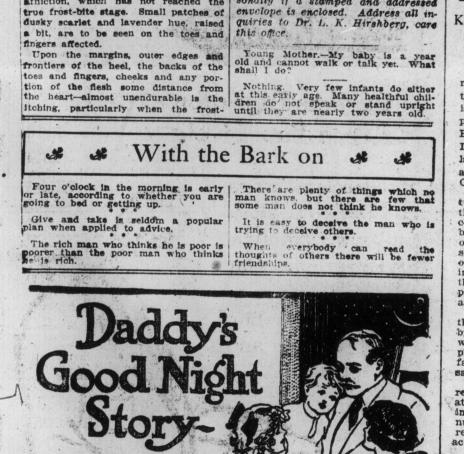
**DELICACY IN FRANCE** 

EDIBLE SNAIL RATED

of diagnosis, because the opera-tor can slow up the machine

The British Lion has a flerce and very savage look, but when he militant he always gets the hook. She burns his whiskers with a torch, and gives his tail a twist, and puts the poor beast way in Dutch with brick and stones and fist. The British Lion only is an emblem and a name, but if he call for lions now. Demand is ve marks and some for public show. and is very slow. But some are used for trade





By GEORGE HENRY SMITH ISTER JAY BIRD was sitting on the limb of a tree waiting for

Μ Brer Rabbit to come along because he had a conundrum he wanted to ask him.

He did not have to wait very long, for here came Brer Rabbit skipping through the underbrush with his ears flat on his head and his little bushy tail sticking up in the air.

Whoa, there! whos, there!" shouted Mr. Jay Bird. "If you go so fast you are liable to set the grass on fire with your feet."

"I suppose there is more trouble coming now," said Brer Rabbit to himself, and then he yellod up to Mister Jay Bird, "Go ahead, you sassy rascal. I have my paws crossed, now go ahead."

"Better cross your ears too," said Mister Jay Bird, "because I have a question to ask you that is a whopper!"

Then Mister Jay Bird asked Brer Rabbit this question: "If I have a basket with ten ears of corn in it and you pull out one at a time, how many ears would you pull out?"

"I am very busy," replied Brer Rabbit, "and I haven't time to stop and answer foolish questions like that. However, I will tell you just to show you that I know as much as you do. I would pull out ten cars."

"Oh, no, you wouldn't," replied Mister Jay Bird. "You would pull out thirty cars!"

"I don't see it," said Brer Rabbit, and he skipped off down the road. All day long he kept trying to figure out the conundrum which Mister Jay Bird had given him. When he got home that night he said to his wife:

"if I had a basket with ten acorns in it and you pulled out one acorn at a time, how many acorns would you pull out?"

"Twenty,' answered Mrs. Rabbit.

herd girls wear men's clothes,

"No you wouldn't," replied Brer Rabbit, "you would pull out thirty." Where did you get that idea?" asked Mrs. Rabbit.

"Mister Jay Bird asked me this morning if I had a basket with ten ears of corn in it and I pulled out one ear at a time how many ears

would I pull out, and he said thirty." "That is correct." said Mrs. Rabbit, "but Mister Jay Bird said ears of

corn and you said acorns. When you pull one ear of corn out of the basket you pull your own two ears out, too."

"I see, I see," exclaimed Brer Rabbit, putting his arms around Mrs. Rabbit's neck.

In parts of Switzerland shep-

Traveling third-class in England is increasing in popularity.

Keritherapy the Name of Remedy Which Renders General Circulation More Active.

NEW MEDICAL TREATMENT

LIQUID PARAFFINE BATHS

A new form of medical treats ment by baths, known as "keritherapy," in which liquid paraffine is used instead of water, is proposed by a French authority, Dr. Barthe de Sandfort. The Literary Digest gives the following translation of an article on the subject appearing in a recent issue of Cosmos:

"Despite the unusual tempera-Despite the unusual tempera-ture of 122 degrees Fahrenheit, these baths produce no feeling of congestion and are very well borne; the face remains calm and on leaving the bath the skin is scarcely reddened. It becomes red only during the rest that is taken immediately afterward, and it is then, after the heat has been applied, that perspiration is most abundant.

"This secondary dilatation of the vessels of the skin is explained by the contractility of the wax, which exerts a very sensible compression on the whole bodily sur-face: the arterial tension, at the same time, is slightly lowered.

"Keritherapy gives very good results in all forms of gout, in sciatica chronic varicose veins, and, in general, in all disturbances of nutrition, since it has the effect of rendering the general circulation active and regular."

## STEAM LOCOMOTIVE IS DUE FOR THE DISCARD

What is to take the place of the steam locomtive was considered recently by F. W. Lanchester in a. British association paper. After nearly a century of service with unchanged essentials. the passing-of this machine seems to be near at hand, and railway development is progressing along the two dis-tinct lines of complete electrification and the adoption of internal combustion engines.

In the former system the prime mover is stationary, the power being transmitted to the locomotive electrically. The use of the internal combustion engine is tak-ing two forms—that of turning the wheels directly, in the old way, and that of serving as a portable power station, generating electri-cal, current that in turn drives electric motors connected with the axles.

The gasoline-electric is a mixed system between these two. A late product is the gasoline coach, capable of running seventy miles an hour, and it is hoped that in the future independent coaches may be coupled together in trains under the control of the leading coach, and then uncoupled as independent sections at different junction points along the line.

Suggestive.

"I have a new breakfast food and I want some word to advertise it-some-thing that is pertinent and will imply quality and newness. Can you suggest

Friend-How would "Excelsior" do? Caught in the Maelstrom.

"He is a most convincing talker." "Yes, that is his great misfortune, believes his own glowing stories, vests his money and goes broke." He

Was One of Wonders of Ancient World - Only the Foundation Now Remains.

Thru the patient work of Ger-man explorers in Babylon, the mound of Amran has been excavated to a depth of forty feet and there has been brought to light a temple which was one of the wonders of the ancient. The walls of this temple. says The Christian Herald, have disappeared. Only the foundations remain, but from them the entire plan of the building is

RUINS OF OLD TEMPLE

UNEARTHED AT BABYLON

distinct There were the outer and inner courts and the innermost shrine, or the holy of holies, where the image of the great god stood About the outer court were the chambers for the priests, and secret passageways led to the shrine Running from the temple into

the city was a paved street, the street of Daniel as the Germans have called it, without any spe-cial reason for doing so. Babil, the northern mound, still

bears the ancient name of the city. It is a huge square hill more than a hundred feet in height, and with sides so steep that they are difficult to climb. It is especially here that the city. Arabs have dug for bricks, and now as one wanders about the summit there may be seen far down the shafts the massive walls of the great arches, arranged side by side and tier upon tier. Tho the hollows of the arches have long been filled with fallen

debris, once they might have been seen thru. Dr. Koldewey believes that the ruin represents the Tower of Babel, because it still bears the name. More likely the hang-ing gardens of Babylon were there. Shady trees and hanging vines grew upon the elevated terraces. Water was raised from the Euphrates to the very summit, and came trickling down from terrace to terrace to nourthe vegetation. About the terraces were shady walks, and the long passages beneath the arches were delightfully cool and dark. The entrances were half concealed by the overhanging vines, and the hot air, tempered by the trickling water, swept thru them. Here the king and queen passed the heat of the Babylonian summer, just as now the resident of Bagdad spends the hot day in his underground

A complete and brilliant rain bow was seen, more than half an hour after sunset. in the Swiss Alps a short time ago.

The Chinese chrysanthemum was introduced into England as far back as 1764, but it became extinct in that country soon after.

#### Principal and Interest.

"Is there any heart interest in the "I should say so. Three of the wom-en are supposed to be drawing alimony and two others would be if they could enforce court decrees."

Lost His Equilibrium.

"Cholly seems to be unbalanced." "Yes. His valet failed to part his hair exactly in the middle." Another Poser.

Wonlid Try Again. "So you are a believer in the 'Back to the Farm' idea, are you?" "Yep. 1 got my first wife thera." "If it were so very foolish you could answer it, couldn't you?" asked Tommy.

An Old Quarry in Sicily, Used as Prison by Greeks, Contains This Odd Marvel.

ITS ACOUSTIC OUALITIES

EAR OF DIONYSIUS AND

Sicily is rich in Greek antiquities. Some of the best are clustered together on the outskirts of the old town of Syracuse. One is the "Ear of Dionysius." in the Latonia del Paradiso, an old quarry used as a prison by the Greeks. The walls of the quarry are over a hundred feet high and lean inward at an angle of about 30 degrees-all chisel work done by innumerable slaves. The idea, ex-plains a writer in The Wide World idea, ex Magazine, was to prevent any possibility of escape on the part of the hapless prisoners confined there, and as a further precaution Dionysius had chiseled out in the solid rock a vast cavity, very

similar, as seen from without, to a human ear, by means of which he is said to have listened to the conversations of the captives. The interior of the cavity is in ne shape of the letter "S." and gradually tapers until at the ex-treme summit you may perceive a small hole thru which the day-light comes. It was here that Dionystus did his eavesdropping. The acoustic properties of this "ear" are extraordinary, the slightest whisper being distinctly aud-ible. while a loud noise. like the slamming of the door which gives access to the "ear," produces a rapid succession of deafening reports.

### NOVEL THEORY ON **GENESIS OF STARS**

The partial impact theory of the evolution of the heavenly bodies is declared by Prof. A. W. Bickerton, British physicist, to have found astronomy a chaos of facts, and converted it into a classified system.

About 100,000,000 suns can be photographed in the Milky Way. The suns, with some or many dark bodies, are traveling in two great streams in opposite directions, and as they pass they acquire enormous speed, so that a partial or side collision does not stop them. From each grazing body a portion is torn away. The coalescence of these two parts forms a third body, which is very hot and has so much more energy than it can retain that it explodes. A graze of suns in this way pro-

duces three distinct bodies-two revolving, torn suns, or various stars, and a third explosively hot

body, or temporary star. The attraction of a new third body would often bind together the two variables, and thus the pair would become a permanent double star. The simple new the-ory recognizes such a complexity of conflicting forces that the phenomena it may explain seem-to its author, at least-to have no

Suspicions.

end.

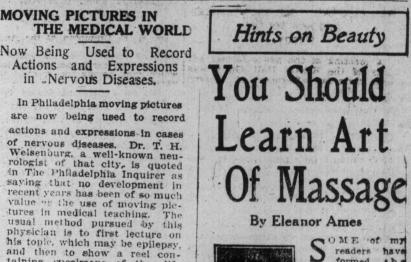
"I see that the police have orders to arrest all suspicious persons," said Gayboy. "What of that?" asked his wife. "Well, you had better look out, that's all."

buries itseir underground to pass the winter. Edible snails are never eaten raw, but are cooked and eaten in various ways. In Paris a dozen snails are served piping hot on a dish, and they are ex-tracted from their shells with a

#### Perhaps Both. "I am told she is looking for a hus-band."

'Her own, or some other woman's?" Not to Be Expected. Ukerdek-His argument was mighty weak. Gobang-That's strange, too, when he has such a strong voice.

dainty is chopped up with but-ter and herbs before being eaten. In Marseilles the snails are steeped for one or two days in milk, to make their flesh tender.



S OME of my readers have formed the idea. from some thing that I have written that I am not in favor of massage. I wish to correct the impression. I have given warning regarding unwise facial mas sage. I repeat that There is grave danger, of looking

ELEANOR AMES, worse instead of better if one rube the face without proper understanding,

in the belief she is giving massage. Scientific massage given with due consideration and understanding of the muscles of the human body is of the greatest value.

The Swedish system of massage seems to be the most successful. And I would advise any girl who is looking for some pleasant and paying profession to inves-tigate the possibilities of massage. If one thinks of becoming a nurse it is of the greatest value. And if it is not necessary for you to earn your living hecessary for you to earn your living and you have plenty of time on your hands, it is a very good idea to take a course in scientific massage. The price is not exorbitant and the work, while exacting, is full of varied interest There is the chance for instruction at various hospitals and one learns great deal that is of lasting value. Massage, in general, may be classed under three heads: tapotement, which means percussion; effleurage, which is stroking, and petrissage, which is the deep kneading.

The percussion is most easily explained to the uninitiated. Also very much can be accomplished by it. It means a brisk slapping with the ends of the fingers. It brings all the blood to the surface and encourages the skin to

the surface and encourages the skin to throw off effete matter and the muscles and nerves to do their duty. I know one girl who had big hollows in her throat and was subject to fre-quent colds and at whom the wise ones shook their heads gravely when she coughed, who brought herself back to health by the percussion massage exer-cises and cold water. The stroking massage is most useful where there is a harvous disturbance. It is most soothing for the spine. By the way, the massage for the spine should always follow the downward stroke from the base of the brain to the end of the spine and finish with quick sidewise stroke at the higs. The deep kneeding is of use in ousfing and will give them the rounded out-lines they should have for beauty's salte.

In Costa Rica beggars are prileged characters on Tuesdays,

sendaub.