DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

Bow-Legs Often the Result of Lack of Mother's Milk

By DR. LEONARD KEENE HIRSHBERG
A. B., M. A., M. D. (Johns Hopkins University)

DR. HIRSHBERG

IT might seem a far cry from straight mother's milk to crooked toes and bow-legs, yet the intimacy and relationship is as close as life and death.

"Bow legs and crooked toes;
That's the way the Negro grows."

This was the strange lullaby the negro mammies of the South used to sing a generation ago. The physiological truth in this folksong hinges on the fact that the old colored mammies played the part of wet-nurses to the white folkes' "bambinos," while the little pickaninnies were forced to subsist on artificial foods and cow's milk.

The use of artificial foods, deficient in animal fat, vitamines, lime and phosphorus, produces softness of infant bones and the malady, rickets. Under-nourished children and those deprived of human breast milk, or fed exclusively upon defective breast milk, whether they are white, black, red or yellow, may have such soft bones t hat bow-legs and the various other rickety deforities, such as pigeon-toes, squab-breasts, "rickety rosaries," as knobbed ribs are called, and knock-knees.

Cause of Rickets.

The malady of rickets may assert its unwelcome presence by perspiration of the scalp and a bald spot on the baby's head, where it rests upon the pillow, or it may also show as mere restlessness, gritting of teeth and other minor signs of irritability, often wrongly blamed on the eternal scapegoat, "teething." Then the alert parent and painstaking doctor will order animal fats, fresh cod liver oil, lime water and phosphates, or, better, breast milk from a healthy wet nurse.

These early signs of rickets, if ignored and not taken before "the flood, lead on to" bow-legs and other bony distortions. Since, however, they are warnings of lack of certain vitamines, improved nourishment will correct the trouble and strengthen the lime and phosphorus contents of the bones.

The well nigh universal opinion that a child, if allowed to walk too soon, will become bow-legged has as little truth in it as most generalities, theories and popular beliefs. The impulse or instinct to "stand up on its hind legs" is inherent in the child. The baby may not begin to do so until near its second year, or, as is occasionally the experience in some families, it may walk without crawling as early as eight or ten months.

Sometimes Self-Curing.

Usually, however, it is after the first year, and by its own unaided movements, that a baby begins to try to walk. Children rarely need to be urged to stand upon their feet. In fact, an infant should not be placed upon its feet, as a rule, except when it struggles to do so itself.

Bow-legs do not come from too early attempts to walk; unless the signs of rickets, scurvy or some similar nutritional defect are present.

Happily, however, many instances of bow-legs—a mild degree of which is common in thousands of families—right themselves as the food and drink of the infant becomes more varied. In the course of the child's growth, bow-legs of mild degree should reajust their contour to the normal shape. Do not, however, be too sanguine, but consult a capable medical architect. Rebuilding may be as necessary from without as from within. Braces, massage, and other means, surgical or mechanical, are now available to eliminate this one-time abomination.

Answers to Health Questions

BY DR. HIRSHBERG.

B.F.M., Hamilton, Ont.—Q.—Kindly advise how to stop the habit of chewing tobacco.

A.—Swallow one or two tablets every three hours, each of 1-300th grain of sulphate of strychnine. These tablets are bitter and when chewed take away the craving. Glycerite of tannis should be applied to the gums.

* * *

A.T.H., Toronto, Ont.—Q.—Kindly advise how to remove superfluous hair.

A.—Use a little of the following about twice a week.

Calcium sulphate	2 parts
Zinc oxide	1 part
Starch	1 part

Make a paste with water and apply to the parts. Let this remain about five minutes and then wipe off gently with a soft cloth.

* * *

P.R.K., Hamilton, Ont.—Q.—Can a singer take a remedy internally to improve the voice?

A.—Professional singers must be in perfect physical condition to obtain the best results from their voices. Eat plenty of good wholesome food and build up the body in general. Outdoor exercise must be taken, especially deep breathing and exercises with the arms that expand the chest, such as tennis, basketball and swimming. A singer's body must be as strong and able to stand as much as the person who does hard muscular work.

* * *

H. J. W., Toronto, Ont.: Q.—1. I have been troubled with a sore throat recently, but it has cleared away. Now there is a substance like a scab, which I spit out. Kindly advise me.

2. What will remove pimples from the face?

A.—You probably had tonsilitis. Eat plenty of green vegetables, spinach, rice, watercress, young peas, vegetables with salad oil, figs, cereals, stewed pears, prune juice, prunes, carrots, fresh fruits, dried fruits. Sleep at least ten hours in the twenty-four in a well-ventilated room, and be outdoors in the fresh air and sunshine as much as possible. Take six charcoal tablets after meals, a tablespoonful of milk of magnesia before meals, and a wineglassful of olive oil half an hour after meals.

2. Take three drops of Fowler's arsenic solution in water after meals three times a day. Avoid all oils, hot, greasy, rich, starchy and highly-seasoned foods, sweets, pastries, soups, gravies and candies. Do not use soap or hot water on the skin, but wash with a little of: Glycerine, 1 ounce; sulphur, 1 dram, and rosewater, 8 ounces. Apply each night to the pimples iodide of sulphur, ½ dram, and simple cerates, 1 ounce.

* * *

S. G., Toronto, Ont.: Q.—Kindly advise how to make gray hair darker?

A.—Take 10 drops of tincture of chloride of iron in a wineglassful of water, thru a tube, after meals. Make a paste of carbonate of iron, 1 dram, to 1 ounce of white vaseline, and apply to the scalp at night, alternating each night with sulphur ointment. Continue until the gray hairs have disappeared.

* * *

G. N., Toronto, Ont.: Q.—How may blackheads be removed from the skin?

A.—Your blackheads will disappear if you avoid all greasy and fatty foods, sweets, pastries, candies, starches, sour and highly-seasoned foods. Do not use soap or hot water on your face, but wash with glycerine, 1 ounce; sulphur, 1 dram, and rosewater, 8 ounces. Dissolve the blackheads out with glycerine and benzoin, one teaspoonful of each to a cup of rosewater, or each night rub in well the following: Benzoated lard, 1 ounce, with rose oil, sulphur and glycerine, each 1 dram.

* * *

R. A., Toronto, Ont.: Q.—What will keep my hair light? I am a blonde, but my hair seems to be getting darker.

A.—Clear liquid peroxide is what some women use. It is applied until the proper shade is obtained.

* * *

Mrs. J. B., Toronto, Ont.: Q.—Kindly advise what I can do for an itching sensation which comes all over the body, generally at night.

A.—Bathe each night and put a little boracic acid in the water prepared for the bath. Take daily exercise and be out doors in the fresh air and sunlight as much as possible. Keep the bowels active.

* * *

S. C., Toronto, Ont.: Q.—What will remove three brown spots from my neck?

A.—Try a little of the following three times a day:

Glycerine	1 ounce.
Violet water	2 ounces.
Ammonium chloride	1 dram.
Sodium sulphate	2 drams.
Borax	2 drams.
Tincture tolu	1 dram.
Distilled water, enough to make one pint.	

* * *

G. F. F., Toronto, Ont.: Q.—1. Kindly advise a remedy for indigestion.

2. I have a tight feeling in my ears and then a fluid comes out. Kindly give me your advice about this.

A.—1. You must eat more apples, figs, cereals, prunes, prune juice, carrots, spinach and stewed pears. Drink three quarts of distilled water daily—two glassfuls half hour before meals. Take seven grains of oxide of magnesia before meals and six charcoal tablets after meals. Sleep 10 hours in the 24 in a well ventilated room and be out doors in the fresh air and sunlight as much as possible.

2. Irrigate the ears every three or four hours with warm boracic acid water; also irrigate the nose and throat twice a day with alkaline antiseptic fluid diluted three times in water.

* * *

P. J. B., Toronto, Ont: Q.—My nose bleeds very often. Kindly advise me what to do for this condition.

A. The bleeding point in the nose must be cauterized at the nose department of a hospital. Keep the nostrils plugged with cotton.

* * *

Annabelle, Toronto, Ont.: Q.—Kindly advise me how to remove freckles. Lately I have had more than I ever had in my life.

A.—Salicylic acid used in the form of a plaster mull is good. Most so-called freckle remedies contain mercury and may cause serious internal trouble if employed. In any case, no matter what is used, freckles usually return, and if the skin peels it is better to stop the use of all remedies, because more harm may be done than benefit. Use plain boracic acid powder twice a day on them.

* * *

A Worried Mother, Toronto, Ont.: Q.—Kindly advise a way to remove nits from my daughter's hair.

A.—Wash the hair in acetic acid and water and then brush the hair thoroly. Repeat this several times.

* * *

Another Patient, Toronto, Ont.: Q.—1. My husband has had a nasty cough for over a year. Kindly advise what he can do for it.

2. Kindly advise what I can do for deafness. I had the turbinate bone of the nose operated on but it did not help.

A.—1. Coughs lasting over two weeks require a thoro examination by a competent physician.

2. The hearing may be benefited by a small electric battery used in the ear. Apply a little of six grains of ammoniated mercury to half an ounce of white vaseline to the nostrils twice a day. An operation shelling out the tonsils and adenoids is better. This should be done at a hospital.

* * *

B. C., Prince Rupert, B. C.—Q.—My mother is troubled with a painful shoulder all the time. Can you suggest anything to help her?

A.—Electricity, massage, manipulation, Swedish movements and hot applications all help. Write me again and tell me how your mother is progressing.

VERY LATEST SPORTS SUIT

In Materials and Trimmings the Keynote Is Novelty

By ANNETTE BRADSHAW

Smart Sports Suit of White Jersey Cloth Trimmed with Cherry Red.

THE varied array of sport toggery now shown in the shops will bring a light of appreciation into the eyes of the lover of the great outdoors. Hats, suits, separate skirts and blouses, footgear and gloves have been designed with greatest regard for harmony.

There are velveteen sports suits in lovely pastel tones, trimmed with glazed kid. Then there are other stunning models made of a light-weight knit material in lovely colors such as Copenhagen blue, shrimp pink, Nile green, butter yellow, rose and violet.

If you are in search of something very different, however, you will approve of the sports suit of Jersey cloth. The material is to be had in both silk and worsted weaves and in plain, striped, checked or plaid designs.

One of the smartest of the Jersey cloth sports suits is here shown. It is of white with trimmings of cherry red. This combination of color is always extremely effective for outdoor wear.

The coat is knee length and flares from the shoulders. The highwayman's cape is formed of rippling tiers of the red material, as are the cuffs and band about the lower edge of the coat.

Red buttons are used to fasten the coat, and the buttonholes are bound with red.

Groups of knife pleats add the necessary fulness to the skirt, which is attached to a medium wide belt of the red cloth.

A jaunty little turban of red straw, trimmed with an ornament fashioned of red silk, completes the color scheme of this smart sports costume.

ADVICE TO GIRLS

By Annie Laurie

Toronto.

EN. W.: You certainly have done very wrong in running away from your husband, even tho you love him very much and feel that what you have done is simply the result of your desire to continue the work of which he does not approve. The only thing for you to do is to go back to him and to tell him just why you left him so suddenly. Don't wait an instant, run back just as fast as ever you can. And when you are safely back explain to him just why you did this foolish thing. Then have an understanding with him as to the future. Make it plain that you are not merely a pet or a plaything, as you express it. Make him see that you wish to be his companion as well as merely the woman he loves. Explain to him how much your work means to you and I am quite sure that he will understand and sympathize with you in everything.

Annie Laurie.

DEAR ANNIE LAURIE:

I wonder if you would settle a few points of etiquet for me.

1. If I were walking down the street with Mr. Jones and met Mr. Smith, in introducing them would I say, "Mr. Jones, meet Mr. Smith," or vice versa?

2. A lady should always be introduced to a gentleman, should she not, instead of a gentleman to a lady?

3. After dancing with a gentleman should a lady thank him for the dance? So many girls do, but I think it is the gentleman's place to thank the lady, don't you?

4. Is it proper in giving a small euchre and dance in a rented hall, to serve only ice cream and cake instead of coffee, sandwiches, etc?

Darsie D.

DARSIE D.: As you would be in the company of Mr. Jones, it would seem most courteous for you to present Mr. Smith to him.

The gentleman should be presented to the lady—the form is something like this: "Miss So-and-So, may I present Mr——?"

Why should not both the lady and gentleman express their thanks for a pleasant dance? Courtesy should not be expected only of the gentleman.

What you should serve at any affair you may give depends entirely upon the custom of those at whose entertainments you have been a guest and who are present at yours. Custom more than anything else dictates the procedure in such matters.

Annie Laurie.

Toronto.

BOTHERED: Yes, my dear, I would tell him just why you are "cool to him." I am quite sure you did not mean to hurt him by talking as you did, and you owe him an explanation.

Annie Laurie.

Woodstock, Ont.,
Feb. 28, 1916.

DEAR ANNIE LAURIE:

I am a girl of twenty-four and as I have no parents I would like a bit of advice from you. I have been proposed to four times. There are two I would not accept. Of the other two I have a hard time deciding which to marry. One takes a drink once in a long while. The other has no social position. I am in society myself and take an interest in it.

Dimples.

DIMPLES: Goodness gracious, my dear, you have given me so very little on which to base a judgment that it is almost impossible for me to advise you at all. It would seem to me that the only thing that stands in the way of accepting the proposal made to you by the "one who takes a drink once in a long while," is that drink. So why don't you try to make him give up that "drink once in a long while?" If he loves you with all his heart and really wants you to become his wife, he will, never fear.

Annie Laurie.

Toronto.

DEAR ANNIE LAURIE:

Two years ago I met a young man and we became fast friends. Then we had a split, and for a year we never saw one another. Recently we have made up and he seems to think even more of me than before. Three weeks ago he enlisted and has left the city, not saying whether he ever expected we'd ever be any more than just friends.

He is of an entirely different set than what I am. His people are considered exceedingly wealthy, whereas I am just a working girl. I am quite sure he thinks a lot of me and the part I can't understand is that since he has been away he has written regularly and has sent me several souvenirs. I am just twenty-two and he is over ten years my senior. Would you kindly advise me, Annie Laurie, as to whether you think he is really worth waiting for? I must admit I think a lot of him and would not like to take a chance of losing his friendship if I thought he was serious. I am sure I will take your advice as far as I can.

In Earnest.

IN EARNEST: If he has not asked you to marry him, why should you build your hopes on a foundation so frail that they may fall any moment? You can be a very good friend of his and still have other friends, can't you? Certainly if he has never asked you to marry him, he will not expect you to wait without friends for him to return from the war—this may be the thought farthest from his mind. So why don't you have other friends, and not wait for one, who when he comes back may have forgotten all about you? When he asks you to become his wife, then it will be plenty of time for you to have him only for your friend.

Annie Laurie.

Toronto.

DEAR ANNIE LAURIE:

For several years I have known of a gentleman living not far from my own home, and whom I should judge to be 30 years of age, or thereabouts. Two years ago we met; not long after I did a silly little thing that really did not amount to much, but it caused unpleasantness to arise. At first it was amusing, but the situation soon became almost tragic. Then I apologized, but at the same time—whether wisely or unwisely—I resolved thereafter to keep more or less out of his way. It was not because I disliked him, but because of the silly nonsense that had been. On the contrary, I think he would be rather likeable. He has that appearance, more so than many, and my impression and hearsay knowledge of him is such, I have no reason as yet to believe his integrity is anything but unquestioned. Altho my attitude has, doubtless, conveyed a different impression, I have not the slightest unfriendly feeling, and hold for him nothing but feelings of respect.

For some weeks I was of the opinion he had left the city. It was not until he was able to be out that I learned he had been ill.

To some extent we are in the same circle, and I am not wanting to do any misguided thing, but I am wondering what I should do. Shall I end the nonsense by speaking at the first suitable opportunity, considering that opportunities have been thrust under my very nose? Or shall I allow him to go on wondering? It seems to be my place to break the silence. What would you suggest? Undecided.

UNDECIDED: Why shouldn't you speak to him when next you meet?

You were introduced to each other, and you like him, and are quite sure that he likes you, so why be so silly as to prolong a situation that has become, as you say, "almost tragic"? Even if you did not like this man as much as you really do, it is much better to have him for a good friend than as an acquaintance who is puzzled by what you seem to feel is an injustice you have done him.

Annie Laurie.

DEAR ANNIE LAURIE:

I am a girl of seventeen and I am considered good looking, and I do not think my mirror contradicts the fact. I have many boy friends, but two I like especially. One has joined the colors, and they are both highly respected boys.

I have many good times with each of them and they both think a lot of me. They take me to concerts, on excursions, picnics, canoeing, rowing, to parties and dances.

Dear Annie Laurie, is it right for me to go around with these boys without telling my parents where I am going or where I have been?

Star.

STAR: No, my dear, I do not think it is right for you to go anywhere or with anyone without letting your parents know. Deep down in your heart you agree with me—you have been troubled, or you never would have asked the question. Follow the dictates of your own conscience and you may be very sure it never will lead you astray.

Annie Laurie.

A flying boat is part of the equipment of a party of oil prospectors bound for interior Colombia.

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For Making Money

From the Soil

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"Toss Ball" an Excellent Remedy for Round Shoulders

By LUCREZIA BORI.

Figure A.

Figure B.

THE CORRECT WAY TO TOSS THE BALL.

LUCREZIA BORI

IT is appalling when one stops to consider the number of young women who are afflicted with stooped shoulders. This deformity has been acquired by a great percentage because for a long time it was considered "smart" to affect a drooping languid carriage. Now that Fashion has become more sensible and demands that we once again be numbered among the vertebrates, the woman who "slouched" finds it not such an easy matter to straighten her rounded shoulders. It became second nature for her to droop, like a fragile lily, and now that she desires to assume an upright, dignified carriage she finds it an almost painful effort to throw her shoulders back, her chest up and head high.

Daily requests come to me asking for exercises that will correct stooped shoulders. It is a more serious matter than most people think to allow stooped shoulders to go uncorrected. It leads directly to ill-health.

Plenty of fresh air and exercise will remedy stooped shoulders in a surprisingly short time if you systematically follow a course of movements that will bring the muscles of the shoulders, chest and back into action.

There is nothing better than a game of toss ball for chest development. The toss ball is similar to a basket ball, and is about a foot in diameter. A basket ball will answer the purpose.

Be sure that your clothing is loose—wear a "middy blouse" and a short skirt or bloomers—when exercising with a toss ball.

Stand erect with your toes touching a line, and then with the ball held firmly between the hands raise it high back of the head. The elbows are slightly bent as in figure B, and the ball is dropped well down behind the head.

From this position throw it forward, over the head, without allowing the feet or even the toes to move off the line on the floor. Toss ball should be played with two or more persons, but if it is impossible to find some one willing to indulge in the exercise with you, results may be obtained by throwing the ball alone.

In figure A you will see the ball as it is leaving the hands. It is the powerful push given the ball that will develop the chest muscles and correct the drooping shoulders. The object in throwing the ball is to see how far you can toss it. At first you will be discouraged at the distance, but after plenty of practice you will find there will be an almost daily increase in the distance.

Never play toss ball unless you have every window in the room wide open so there will be a free circulation of pure air. Breathe deeply while exercising and follow the toss ball with deep breathing exercises.

Now that the springtime is close at hand it will be possible for you to exercise out of doors. If you are fortunate enough to have a yard it will be a simple matter for you to exercise in the open air. There will surely be one or two congenial souls who are in need of exercise and will be glad of your company, so set aside at least a half-hour or an hour for playing toss ball.

In case that you have no yard, exercise on the front or back verandah, and if you lack even this means of outdoor exercise then go to a gymnasium or play toss ball indoors. To correct rounded shoulders it is absolutely necessary to exercise and breathe properly, so if you care anything at all for your health and appearance you will begin immediately to play toss ball.

LOAD FOR POSTMAN.

What is believed to be the largest package of motor parts ever sent by parcel post to a foreign country was sent recently from Racine, Wis., to Petrograd. It weighed 201 pounds and $96.84 was the postage cost.

The Amateur Gardener

By RACHEL R. TODD, M.D.

SOME ADVICE TO NEW GARDENERS.

For the past few weeks there have been various articles published on the subject of "gardening." To those who are thinking of starting this spring for the first time, a little timely warning will not be amiss.

In the first place, let no one be foolish enough to think that gardening is easy work. It is not. It is the very hardest kind of work, and especially for women. And moreover, it is work that demands a certain amount of time, day in and day out, for many long months, unless you wish to see your little garden plot so gaily commenced become a straggly and overgrown spot no longer beautiful, but an eyesore. I speak advisedly—and from experience. Because to properly look after even a small garden requires energy, time, long-suffering and endless patience. Can you promise your little garden plot these things, for six whole months of the year? If you cannot—then do not start a garden. Rather let your whole space be given over to fresh, green grass upon which your children may romp unhindered and unfettered, and free from the constant "don'ts" that spoil so many joyful hours out of school.

Never get away from the fact that a small backyard may be beautiful to the children, if they can loll away the hours on the cool, thick, green grass, while an otherwise pleasant spot broken up by silly little flower-beds, will be deserted by them for the greater freedom of the street. And is not a green plot of grass, under your watchful eye, a safer play spot than the pavement?

Then again, the tired father may much prefer to smoke his evening pipe in peace, and not be urged to dig, or rake, or hoe. Even a tiny stretch of lawn may become wearisome if it needs too much mowing. And the summer is long. Be advised. Make your backyard a spot of peaceful rest, and not one of wearisome labor.

You will understand, of course, that this advice is to women gardeners, who start out ill-advisedly, on something that they will not keep up themselves. Because this sort of thing has happened so many times.

Now, having discouraged those who start out to be failures because they will not think, let me encourage you by declaring that of all the hard work in the world, gardening promises some of the most satisfying and delightful results. If you are eager and willing to make your little home beautiful by a small amount of carefully spent bodily labor, if you refuse to be discouraged, if you are anxious to benefit by the experience of others, then go ahead, and this department will help you all it can.

But, once you do start, keep right on working, and keep on working every day. An hour in the early morning is worth three in the evening. You will be able to catch the snails and slugs before breakfast, to spy the rose flies and bugs while the sun is yet sleepy, and by spraying all your precious plants before the dew is gone, strengthen and encourage them for the longest, hottest, driest day.

CARD INDEX RECIPE

Roly Poly

INGREDIENTS

Jam, jelly or marmalade.
½ pound flour.
¼ pound suet.
1 tablespoonful bread-crumbs.
1 teaspoonful baking powder.
Pinch of salt.
Cold water.

METHOD

Chop the suet very finely, mix all the dry ingredients well together, add enough water to make a stiff dough, turn on to a floured board and knead lightly until there is a smooth side underneath. Then roll out to one-half inch thickness, making it an oblong twice as long as it is broad. Spread with the jam, leaving about an inch of margin all round; brush the edges with water and roll up neatly, pressing the edges together so as to keep the jam well in the centre. Scald a cloth and dust well with flour, then roll up the dumpling rather loosely to give room for swelling. Tie the ends tightly and rather close to the pudding, carrying the string across from one end to the other. Plunge into a kettle of quickly boiling water and boil hard for two hours.