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Raphael-Mack's FASHION SHOW

—AT—

LOEW'S THEATRE

Next Monday, Tuesday and Wednesday
March 28, 29, 30
Afternoon and Evening

A Gorgeous and
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Exhibition of New
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RYAN'S HAT SHOP

SIR JOHN-MARTIN HARVEY, who comes to the Grand Opera House April 7, 8 and 9, offering a repertoire of three plays, "The Breed of the Treshams" Thursday evening; "The Burgomaster of Stilemorden" Friday evening, and Saturday, matinee and evening, "The Only Way."

Personal Health Service

(By WILLIAM BRADY, M.D., Noted Physician and Author.)

The Menace of Typhus—II.
The initial chilliness or chill of typhus, the usual feature of the abrupt onset, unlike the gradual or insidious onset of typhoid fever, does resemble that so commonly seen in the onset of pneumonia. And broncho-pneumonia is a frequent complication or event of typhus. Immediately after the chill, fever is high for three or four days, until the peculiar rash appears.

The typhus rash bears a striking resemblance to that of measles, but is not such a bright red; the typhus eruption appears first on the body, that of measles appears first on the forehead and face. The prostration and fever continue for a week or more, and if the outcome is favorable, there is a marked improvement with a disappearance of the fever all in a few hours ("crisis") toward the end of two weeks. Typhus contrasts strongly with typhoid fever, both in its abrupt onset and its short course and abrupt termination, recovery from typhoid occurring after four to six weeks and by gradual daily remissions. In the toxic or toxemic (blood-poisoning) effects of typhus on the patient's nervous system, producing mental dullness and delirium, the disease does resemble typhoid—in the prostration, mental torpor and muttering delirium—so characteristic of typhoid fever was at one time attributed to typhus.

AUTOBIOGRAPHY.
PROEM.
Standard authors, that is to say, writers who never confuse who and whom, usually insert a preface in the beginning of the book, apologetic in spirit and rather fictitious in character, for the preface is obviously written after the book has been finished. I wanted to put a preface in "The Autobiography of a Baby," but father put his foot down on the idea, reminding me that babies should be seen and not heard. I also wanted to call that maiden effort "Auto-biography" for I had an eye to the future, but father put his other foot down on this idea. So, all in all, I consoled myself with the reflection that dad is not a centipede and went on with my work.

I am old enough now to be heard. At seven a man has convictions as well as the measles and earache. Yet I do not care to ignore father's suggestions quite altogether, so I listened to dad's objections to a preface and compromised with him by calling this preliminary talk a poem, and I'll let not one reader in twenty would have had the faintest conception what a poem might be if we hadn't offered this one without extra charge. To tell the truth, dad and I ran across the word poem by accident while browsing in Webster's common.

Now that he is old enough to understand, the author of "The Autobiography of a Baby" feels a little ashamed of the free and unlimited use he made of the first personal pronoun throughout that narrative. At least he thinks he feels that way, and yet, in discussing the matter with dad, he holds that the honest reader should be less pained by the frequent repetition of such expressions as "I hope" and "I find" than by such weak substitutes as "it is hoped" and "one finds." Be that as it may, "Autobiography" will be kept as impersonal as father can keep it.

Since hygiene, habits and education are all concerned with the health of the child, some of the following chapters will necessarily touch upon things other than personal hygiene, though in the briefest possible way with due regard for practicality. Father and I have but one aim in collaborating in this work—to help other fellows along in life. Thanking you one and all, as the hero says, in concluding his curtain speech at the end of the first act, thanking you one and all for your kind attention and for your cordial approval of "The Autobiography of a Baby," we will now present our attempt at solution of that enigma, the boy. (To be continued.)

QUESTIONS AND ANSWERS.

Iron in Fruits and Vegetables.

Which fruits and vegetables contain the most iron? Do eggs contain enough iron to warrant paying the present price for them? Doctors tell me I am anemic. Am 26, 62, 120 lbs. What would you suggest? (Miss R. A.)

ANSWER—Fine, as far as the doctors here go. Now let 'em keep on with the examination and find out what causes your anemia. Useless to treat it without knowing the nature of the trouble. I mention some iron-containing fruits and vegetables, but I assure you that anemia cannot be cured by merely taking iron. This element is so widely and freely distributed in food-stuffs that it must be rare that a family dietary fails to supply all the food-iron the body can utilize.

Iron-containing Fruits—Figs, apples, plums, pineapples, strawberries, raisins, prunes.

Iron-containing Vegetables—Lettuce, onions, asparagus, tomatoes, celery, spinach, pumpkin.

These foods are also rich in iron: Oatmeal, peas, almonds, egg yolks, whole wheat, walnuts, rye flour.

Hare Lip.
Is it true that the condition of a child born with a split or cleft in the upper lip—hare lip, I think it is called—is due to a failure of two parts of the lip or face to grow together before birth? I had always supposed the child developed in one solid mass?

W. M.
Ans.—Yes. One process or fold from either side grows out like the petals of a young plant or flower, and curls forward to meet the other, to which it unites to form the upper lip and upper jaw. Development is in one mass, as in a plant.

Cereal for Serious Folk.
Will you please inform me whether a person over 70 should eat a large serving of cereal every morning, and whether a person of any age should eat eggs every morning?
Answer.—Yes, if he likes.

Coffee and Cocoa.
Is coffee a harmful beverage? If properly made does it have a bad effect on the liver? On the nerves? Is cocoa a good substitute or does it have the same effect? (Mrs. S. G. F.)

ANSWER—For adults, with very few exceptions, properly made coffee (by infusion or percolation, never boiling) is wholesome and rather beneficial, provided it is taken in moderate quantity (one or two cups daily) and as a beverage, not to wash down morsels of food, and not taken excessively hot. Children under fifteen should never take coffee, because it is too stimulating to the brain, heart, and kidneys. Cocoa is more nutritious and less stimulating than coffee; its stimulation is more pronounced upon the kidneys than on the heart or brain; coffee stimulates the brain and heart more than

the kidneys. Cocoa is therefore not advisable for children. It is all right for persons over sixteen years of age, as a rule. A few individuals with certain ailments may be better without coffee, but that is for the physician to advise in any case.

Snicker-Snack Went the Jobberweek.
I have just recovered from smallpox and have been released from a three weeks' seque. I now hear that, regardless of one's prior physical condition, the smallpox purifies the blood, etc., and therefore one is in much better physical condition after having it. However, this sounds fishy to me. Is there anything in the saying? (J. H. L.)

ANSWER—It is an ancient superstition, and it contributed its share toward the crime of some old-time parents who deliberately exposed their children to various contagious diseases.

No disease ever adds anything to the victim's health or future well-being. Consider yourself fortunate if you escaped with no serious sequel.

Iodine for Goitre.
Would iodine taken internally be beneficial in reducing a small goitre? If so, please give instructions for the administration to a woman of 22.—L. H. S.

Ans.—In simple goitre iodine internally has proved beneficial as a cure as well as a preventive. Very little is sufficient, and for a limited time only. Two drams of sodium iodide may be dissolved in a pint of water, and a teaspoonful of this taken three times a day in a glassful of water for a period of two weeks, with a rest of four weeks, and then another period of two weeks' medication. This is for simple goitre only, and not for goitre of long standing or goitre accompanied with any

marked disturbance of the nervous or circulatory systems.

Varicose Vein.
I have heard that a varicose vein is dangerous and that one is likely to bleed to death if it ruptures or breaks. What can I do to avoid that, (A. G. W.)

ANSWER—The chance of a vein rupturing or breaking and causing bleeding is extremely small, even though the condition be severe. And if such a vein should ever break you would find no difficulty in stopping the bleeding by simply pressing upon the bleeding point with a freshly ironed handkerchief or any other clean pad, or with the finger if necessary. (Copyright National Newspaper Service.)



Will Rogers, famous Ziegfeld Follies boy, whose newest comedy production, entitled, "Boys Will Be Boys," is to be shown at the Allen Friday and Saturday.



DOUGLAS FAIRBANKS "THE NUT" Feature playhouse attraction at Loew's Theatre Monday, Tuesday and Wednesday.

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