

DAILY MAGAZINE PAGE FOR EVERYBODY

A PRISONER OF WAR

By Will Nies

Secrets of Health

Why You May Walk or Talk in Your Sleep

By DR. L. K. HIRSBERG
A. B., M. A., M. D. (Johns Hopkins University)



TO say that a man is a "dreamer" commonly means that he is not a practical person of deeds, but one who operates his mind and seldom his muscles.

This popular term of disapproval is a bit of a misnomer. It fails to state the true definition of a dream, to wit, activity of the intellect when volition is suspended.

Man sleeps that his flesh may for the most part be in repose for a period long enough for recuperation. Strong enough, the automatic, instinctive mechanism of the flesh, such as the heart beat, breathing and the flow of fluids continue, but the will to do cannot be shifted over and translated into action. Habits and instincts may in a measure go on in dream sleep, but the will and the wish to perform may be present unconsciously.

Nevertheless, the direct links and pathways to the muscular are, as a rule, blocked. The will may govern the ideas, judgments may be formed more correctly and speedily in dreams than in the wide-awake world, but the transition into movements is not there.

Prof. John Basset Chapin, in recent researches on dream sleep, says that the ability to pay attention is absent in dreams, and confirms the saying of old men while awake are in one common dream, but each when asleep is in a world of his own.

If prophesies, inspirations, solutions, and realizations are found in a dream it is because your mind, undisturbed by working influences, has solved the puzzle by an assembly of the facts already gathered there—ideas and strands of knowledge put together in peaceful sleep for the first time.

What we may walk, talk or evidence in dream sleep are manifestations in our physical world of the ideas and feelings that are in our mind. These are often repeated, instinctive or habitual acts, stated automatically by some combination of thought similar to that of the real waking world.

Sensations, perceptions and memories received since infancy and stored up in the tissues of the human person are like dissociated films, plates and negatives. They are sculptured impressions, stamped in the flesh and the switchy or exchange place called the brain, coming and bringing them into proper conjunction, and in dream state they are apt to appear in haphazard, loose, disjointed fancies, or in widely separated groups or series of ideas.

Therefore, the nearer a person is to the waking state the more aptly are the brain paths through which ideas and feelings flow. That is to say, the beaten channels are unblocked and the messages are allowed to flow in the streams through which they first entered the diffracting apparatus, and to couple themselves up intelligently, symmetrically and with their proper associates.

Answers to Health Questions

- 1.—A. K. Q.—Please tell me how to get rid of dandruff.
- 2.—M. J. Q.—I have a flat. Please tell me how to raise the arches.
- 3.—What will remove pimples from my face?
- 4.—Please tell me what to do for a shiny nose and face.
- 5.—Dandruff occurs in tiny flakes of dry epidermis as well as in oily state of the scalp. Red blotches may or may not be present. Sometimes there is itching and burning, sometimes not. Sulphur is a popular remedy. I dream of it with 10 grains each of resorcin, salicylic acid and sulphate of quinine to an ounce of petrolatum used three times a week does good.
- 6.—Have a proper support made fitted with a key to raise the arch by degrees each day. Dancing exercises are also beneficial as is massage.
- 7.—Acne or pimples are little localized infections in the skin, due in part to the greasy character of the face or other tissues resulting from the kind of food eaten and personal habits. They may also be caused by the germs which sequester in the pores of the flesh. Sometimes powdered sulphur is a good treatment, at other times ammonium sulphide. Ammonium sulphide may be used with both remedies at the same time.
- 8.—Reduce the amount of oily, fatty, greasy, rich food taken into the body. Avoid the use of soap or hot water on the skin, but wash with cold water then cleanse with a greaseless peroxide cream.

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always 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. HIRSBERG, care this office.

WINIFRED BLACK WRITES ABOUT Life's Cross Roads

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Winifred Black

John because John had tried to get him to take the manly way—not to spend his health and his time at the corner saloon. William chose to be controlled by the childish pole of the world's axis, so he killed his brother, like Cain of old, to settle the argument.

"I can never get John back, but you can give me Bill," said the old mother. "I've felt like I wanted to come before this commission on my knees and ask for my boy." And then the story told how the people standing near her sobbed. I wonder why?

Was it because they felt sad to see such an old woman begging the world to give her another chance to choose his road? Or did they sob because they were elderly people and they doubted Bill's ability to keep the ways of your father and your grandfather, and just how much of an excuse they furnish for what you do.

If we're born healthy like John and Bill, it doesn't take a technical education to make us see the two ways to go or to help us to decide which one is better—even if it leads to death.

If the commission lets Bill out on parole I wonder what he'll do, don't you?

It's very hard for a man who's been in prison to get work and hold it. And the neighbors will talk a good deal, though they did sign the petition to please his old mother. And it's much easier to be a little boy than it is to be a man, isn't it, now?

I wonder if the mother remembers the time she first noticed Bill wanted to be a little boy all his life? Perhaps she thinks she can make a man of him now, just as she could have then if she hadn't loved to see him "keep his baby ways."

What a lot of things there are in the world to start us wondering, aren't there?

Of course, there are all the big wonders we read about every morning and pack away for our minds. But I was thinking of the little bits of news—not really news at all, I suppose—just "things."

A young bachelor was so desperate that he wrote to the mayor of the city the other day, so I read, and asked him to help him find a wife:

"She must be a widow—plain, young and jolly. No old maids need write—I hate them," so he wrote. He also stated that he was thirty and that he wanted his wife to be "sweet, slow, receptive—and jolly."

He insisted she must be controlled by the manly spirit I'd been reading about, and had decided he could and would be the grown-up member of the family. Or was he so delightfully childish that he couldn't endure to have any one about who was not jolly in season and out, like himself?

Advice to Girls

By Annie Laurie

DEAR ANNIE LAURIE: We are two young girls, 15 and 19, and we are keeping steady company with two young men, 20 and 21. We love them dearly and are sure they love us, although they have never told us so. How shall we encourage them? We have given up our other beaux for them.

Also, is it proper for the gentleman to kiss the young lady good night upon returning from a party if they are not engaged?

S. AND E. You are indeed unwise. My dear girls, to have given up all your other friends for these two unless you are engaged. You ought to have all the good times you can while

you are young. I don't mean, of course, that you ought to be out every night, but that you ought to have several good friends if you care for good times. It is considered distinctly improper for a young man to kiss a young woman unless they are engaged. Kisses are for relatives and sweethearts, and a man has not the right to call a woman his sweetheart unless they are engaged.

do to win him back. LONESOME. I would advise you to be patient, little girl, and if you like him he is sure to notice it and he will begin to offer his attentions again. But dear child, don't agree to give any one all of your time unless there is a definite engagement. It is very unwise to devote all of your time to any one boy no matter how much you like him.

Annie Laurie will welcome letters of inquiry on subjects of feminine interest from young women readers of this paper, and will reply to them in these columns. Letters to Miss Laurie should be addressed to her, care this office.

Revelations of a Wife

By ADELE GARRISON

Is Dicky Really Jealous?

HAD I dropped a bomb shell into the middle of the dinner table, around which the Underwoods, Grace, Draper, Dicky and I were gathered, I do not think it would have caused more astonishment than did the little quotation I had recklessly cast at Harry Underwood in returning his saltery.

The sight of Grace Draper and my husband in intimate, low-toned conversation, coupled with the knowledge of Dicky's undue interest in the girl, had saddened me. At just this juncture, however, Harry Underwood had uttered some nonsense about being my partner in manufacturing a steamed clean dressing I had concocted, and he had responded audaciously in the refrain of a popular song: "To the end of the world with you."

I suppose in my excitement I must have pitched my voice higher and louder than is usual with me. At any rate, I was terrified at the sound of my own voice. It seemed to my imagination as if I had blown a trumpet and the sound had paralyzed the diners.

Dicky turned around as if he had been shot and stared open-mouthed at me. Miss Draper looked mildly astonished, and I fancied there was a bit of malice in the wondering look she bestowed upon me.

Lillian's eyes twinkled with an approving amusement that reassured me. Only her husband presented an absolutely unmoved exterior, although I knew that really he was both astonished and shocked at the dinner table.

"That's a bargain," he said gaily, "remember I have your pre-r-r-romance."

My words were light enough, the expression on his face was one of careless banter, but I had an uncomfortable little feeling that he had been badgering me an indefinable sinister something which I always felt menacing when in this man's presence. I regretted the rash words I had uttered.

Dicky Is Puzzled.

But Dicky's attitude during the rest of the dinner made me wonder if, perhaps, I had not struck the right way of dealing with him after all. He was plainly puzzled.

I have always been quiet and reserved, and have guarded my own dignity closely. He has heard me express my dislike of Harry Underwood, and must have guessed my resentment of the man's burlesque upon the subject of vulgar repartee addressed to his friend must have started him on his feet.

Of course, he took no open notice of the incident, but there was no more absorption in Miss Draper's fascinating. Dicky and Lillian Underwood he divided his remarks and attentions impartially between them for the rest of the evening. My little while he cast a furtive glance in my direction, which would have greatly amused me if the remark of "I don't mean so much to me emotionally."

The sight of his puzzled uneasiness was like a heavy draught to me. Surely, I reasoned to myself, my little forebodings concerning Harry Underwood's probable future conduct were too ridiculous for consideration.

I knew that I was not hurting Lillian's feelings by encouraging her husband's saltery, for I had long understood the master-of-fact relations between the Underwoods.

Besides, I knew that Lillian would approve any action of mine calculated to distract Dicky's attention from his beautiful model.

I made no further glib speeches, but I purposely made my manner toward Harry Underwood more friendly than I had ever done before.

The way in which he responded to my unwonted friendliness reassured me. He was deferential, attentive. I had the feeling that there was no word or look of mine that escaped him, yet there was

Today's Fashion



A Novel Feathered Petticoat.

THE feathered petticoat has become a necessity. Skirts must be fast, particularly those of dance frocks made of tulle or lace. Beneath such diaphanous gowns must be worn a petticoat slip of the daintiest type.

Finest Swiss embroidery, rouchings, with deep, pointed scallops, is combined with plain white Swiss to fashion this charming slip. The wide sounce on the petticoat is edged with lace insertion and a narrow frill to match. The cambrile is trimmed to correspond.

The waist band is formed of heading through which threaded a row of feathering and pale pink ribbon. The same trimming heads the sounce.



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FAMILIAR scene, isn't it? Of course, you and YOUR sweetheart never have such "spats," but you've seen lots of OTHER couples with wrinkled brows, tightly pressed lips and eyes that stare straight ahead in stubborn unresponsiveness, haven't you? Yes, indeed, all TOO often!

There's a strange silence also—the stillness that falls just after a battle—a throbbing, thrilling "I won't give in" silence that wrings the heart and pounds in the ears and, sometimes, actually is seen rolling down flushed cheeks. Strange, isn't it, that neither side ever wins—but ALWAYS loses? The greatest sufferer is Cupid—poor chap, a prisoner of war, his hands are tied and his heart is breaking. TAKE WARNING! Release him quickly, or else love dies.

WINIFRED BLACK WRITES ABOUT Life's Cross Roads

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A CLERGYMAN who made the startling announcement that he was going to leave the ministry to go into the world of science, said that every man finds himself with two tendencies—the one childish, the other manly; the one coarse, the other fine; the one temporal, the other eternal, and he added:

"Your life will be controlled by one or the other, or you will vacillate hopelessly between them."

Of course, you and I have thought many a time of the two ways we talked and wrote about when we graduated—the Up-Road and the Down-Road. But I wondered when I read it if the way the good man put the idea wouldn't appeal strongly enough to those young men, trained in the art of mechanics, to hold their attention that day—and, perhaps, some more days, too.

"Your life will be controlled by one or the other, or you will vacillate hopelessly between them."

It has a definite meaning to me. To any one who can describe the workings of a steam engine, or tell why the electric lights won't light when you push the button, or draw the plans for a new house and get the inches and fractions of an inch to come out even and neat as they should, it must have a very exact and accurate meaning.

The graduates know all about what "controlled" means—even I know that certain levers control the workings of certain machines and that switches can control electric wires as well as boys. And I've heard of stop-cocks and pulleys and that a compass can be on a ship or on a drawing board, and that magnets can keep bits of steel vacillating. But I'd better not tell what I know—some graduate will see how very little it is and be tempted to laugh.

Don't smile—not for a few years—at my little stock of technical knowledge, young Mr. Graduate. Don't smile, but think seriously about the two ways—the one childish, the other manly.

On the very same page where I read about your having finished your school work and being ready to help the world to grow and prosper I saw that an old mother had gone before the prison commission to get that her son William might be let out on parole. William had killed his brother

How "Built-Ins" Help to Make a House a Home

By ISOBEL BRANDS

ONE of the occasional labor-savers around the home is the little article of furniture or of equipment that is "built-in" instead of being a movable object. It is said sometimes that the flat-dwelling percentage of our population does not care about going to the trouble of "building in" pieces in a house which is not owned, but it is true that more and more flat dwellers especially are using built-in pieces.

The built-in bookcase, china cabinet and even sideboard are today no more uncommon than the built-in sink or refrigerator, and in many respects this is distinctly a wise move. Of course, it may happen occasionally that the bookcase which the owner has had built into the room is not the kind of bookcase we would have selected had we owned instead of only rented the home.

On the other hand, it is usually observed that even these built-in pieces, though not of the very best quality, last longer than the portable ones, and are more easily moved in by the new tenant from some other apartment. Incidentally, there is far less wear and tear on

furniture that is permanently built in a room and not moved about from place to place.

The built-in piece of furniture is decidedly to be encouraged, and if we can't build in all the additions we would like in our home there are, nevertheless, many little built-ins that we can install without much expense, and which will add considerably to the comfort of the household and many times to the beauty of the room.

One or two shelves built over the radiator are a simple and inexpensive addition, and a great improvement to most rooms. An unobtrusive colored curtain conceals the radiator, which is never a thing of beauty in itself—and will give the radiator corner the appearance of a book corner instead.

Then there is a little built-in object that will delight the heart of the small daughter who yearns to have a dressing table in her room, and who cannot reach high enough to see into a mirror to be sure simply a wooden shelf raised about two feet from the floor. Cover it with a bit of pink muslin or other opaque cotton material, and gather it at the sides so that loose folds hang from the table to the floor all the way round. These folds

can be nailed to the board by brass thumb tacks, and it will look very attractive indeed.

On top of this miniature dressing table little daughter can keep her box of ribbons, her comb and brush, her nail file, button hook and other little toilet articles. And if a small mirror is hung over the table she will have a miniature copy of mamma's bureau—and it will cost very little.

Another little "built-in" that is a great convenience is the shoeholder in the bottom of the clothing closet. This is simply a board about 10 inches wide nailed diagonally from the side of the wall to the floor. About four inches from the top of the board a narrow strip is nailed. Shoes are put on this inclined board and held in place by the heel catching on the narrow strip.

There is a new "built-in" for the bathroom and kitchen that is an advance in cleanliness. This is the new type soap-dish which is one piece of thick porcelain ware cemented into a recess made in the wall. The detached soapdish invariably permits soap or suds to trickle all over. But this new soapdish retains the soap and suds, and as there are no separate parts or cracks, nothing can leak and the dish is cleaned easily and quickly and always looks neat.

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