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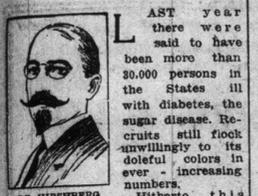
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Secrets of Health and Happiness

Diabetes Treated Successfully Now By "Fasting Diet"

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



LAST year there were more than 30,000 persons in the States ill with diabetes, the sugar disease. Recruits still flock unwillingly to its doleful colors in ever-increasing numbers.

Dr. Hirschberg, this lamentable disability of the pancreas, the liver, the blood or the particular tissue which allows an excess of sugar to remain in the blood stream or to escape into the kidneys, has been treated successfully and most disagreeably by means of a diet deprived of sugars, starches and sweets.

Heretofore the victim of the sugar malady was regarded as visited by a chronic plague. But no more. Out of the success of a new treatment, a wholly fresh conception of this enraging distemper has arisen.

It is evident that the structural and physiological defects, be they what they might, can at times be compensated by the new diet. The new diet of diabetes may be compared with a gasoline engine, which has been fed a heavy fuel oil instead of its accustomed lighter material. The surplus is a motor supplied with a faulty mixture. A change of supply will start the motor on its proper course. A mere guess, or hasty change of one fuel for another will help the engine but slightly. Similarly a mere restriction of diet of the "diabetic" will work no physical wonders.

The first principle in motorism is to clean out the carbon, rust, dust, dirt and other wear. The clogged engine must be thoroughly cleaned. This new treatment of diabetes applies this lesson of motorism to man. The human machine is put in a state of near-rest by a course of fasting.

Carbolic acid, breads, potatoes, beets, sugar and other starches and sweets play the role of gasoline to the human engine. In health the "mixture" gives almost perfect combustion. When certain substances—enzymes—of the pancreas and other tissues are absent or imperfect, the necessary heat units and energy are not produced and diverted into the poisonous properties.

Tests Prove Success.

Sugar now falls to be wholly burned up. The saliva, the tears, the lung moisture and the kidney fluids all carry sugar, and the more finished products or dissolved ashes of used up sugars and starches. It then falls to the lot of the anatomy choked up with a large excess of unused sugar to overtax itself in a vain attempt to eliminate its huge granaries of sweets.

Experiments upon animals at the Rockefeller Institute demonstrated that a two or three day fast exhibited the happy outcome of a full disappearance of sugar from the obstructed tissues.

Nearly half a hundred human victims of diabetes were given a fast of from three to ten days with a small allowance of tea, coffee, whiskey and water and fruits. Even the weakest of the sufferers bore the fast well. Where they were able to take walks of many miles daily and to run up and down stairs. They began to improve and gave pronounced proof that they had been more afflicted with poisons than from any lack of nourishment.

The Diet Indicated.

This fast seemed to clear away the cinders and re-adjust the motor because a more liberal diet followed after the starvation. Whenever there occurred a restoration of the sugar excess a cure to three days' fast was re-established and the sugar was thus again eliminated.

When diabetics have returned to anything like normal they are permitted to have meats, fish, broths, gelatin and eggs. They must, under restriction, have butter and olive oil. When they note any return of their symptoms, however, they must again resort to heretic measures. The amount of starches and sugars in various foods are:

- Five per cent: Lettuce, spinach, succrumb, string beans, celery, cucumbers, brussels sprouts, sorrel, endive, dandelion, swiss chard, cauliflower, tomatoes, rhubarb, egg plant, beets, watercress, radishes, beet greens, cabbage, kohlrabi and vegetable marrow.
- Ten per cent: Onions, squash, carrots, okra and beets.
- Fifteen per cent: Green peas, artichokes, parsnips and canned Lima beans.
- Twenty per cent: Potatoes, shelled beans, baked beans, green corn, boiled rice and macaroni.

The percentage of starches and sugar in fruits and nuts are calculated as follows:

- Five per cent: Ripe olives, grapefruit, butternuts and ginkgoes.
- Ten per cent: Pineapple, watermelon, oranges, blackberries, cranberries, gooseberries, peaches, Brazil nuts, walnuts, hickory nuts and pecans.
- Fifteen per cent: Apples, pears, cherries, currants, raspberries, huckleberries, almonds, English walnuts, hickory nuts, pistachio nuts and pine nuts.
- Twenty per cent: Plums, bananas and peannts.
- Forty per cent: Chestnuts.

A weekly fast day is a kind of balance for patients who have gained sugar freedom. A diet includes as little bread as possible and a balance of carbohydrates, protein and fat and a little alcohol.

ANSWERS TO HEALTH QUESTIONS.

M. G. Q.—I have circles under my eyes which are neither puffed nor dark. What will remove them?

A.—You evidently need a change of diet, habits of life and complete change of scene. Obtain more rest and sleep. A short vacation of perhaps two weeks spent in the country or away from the usual daily life will help you.

G. O. Q.—Is there anything that can be applied to a form of eczema, which is most to help heal it?

A.—Apply some of the following to the affected parts each night:

- Oil of cade 2 drams
- Salicylic acid 1/2 dram
- Carbolic acid 15 drops
- Lanolin 1/2 ounce
- Petrolatum 1/2 ounce

N. W. Q.—What can be done for swollen finger joints?

A.—Keep the hands out of water which is hot and contains any alkali soaps or soap powders. Hot oil or vaseline on the joints is worth a trial. Massage with olive oil.

IMPROVED TRAIN SERVICE, TORONTO, HAMILTON, BUFFALO, NEW YORK.

Commencing Sunday, Dec. 3, the Canadian Pacific Railway, in connection with the New York Central lines, will inaugurate an exclusively electric, lighted sleeping car train to New York. This train will consist of club car and sleeping cars, Toronto to New York, sleeping car Toronto to Buffalo, and dining car Toronto to Buffalo, and will be operated as follows: Leave Toronto daily 5 p.m., arrive Hamilton 5:30 p.m., arrive Buffalo 6:30 p.m. and New York 7:50 a.m. Carries sleeping car passengers only. For the convenience of local passengers, fast daily trains, consisting of parlor cars, coaches and dining car, will be operated Toronto to Buffalo as follows: Leave Toronto 8:30 a.m., arrive Hamilton 6:23 p.m., leave Hamilton 6:28 p.m., arrive Buffalo 8:40 p.m. Further particulars from Canadian Pacific ticket agents, or W. E. Howard, district passenger agent, Toronto.

COAL STILL SCARCE.

As a result of the scarcity of coal railways are forced to take and use commercial coal in order to keep their engines moving, according to the statement of a railway official yesterday. The same official added that there was very little change in the coal situation. Very little coal was given to the local dealers. "Today," he said, "we wired the D. L. and W. Railway authorities that if they would give us a straight train of coal at Black Rock we would take it. If they will do this we will haul a train load every day." Each train would be composed of from 35 to 40 cars, and about 3000 tons of coal would reach the city daily.

DODD'S KIDNEY PILLS
CURES RHEUMATISM, BRISTLE'S DISEASE, DIABETES, BACKACHE
23 THE PRINCE

ONLY A BACHELOR'S DREAM By Will Nies



FOUR walls do not make a home. You can't spell this wonderful word with furniture books, a glowing fire—all the comforts of home" may even be liabilities, for they make more poignant the absence of the SPIRIT, without which the most comfortable of furnishings rattle lonesomely within the four hard walls. It is LOVE that makes a home of even a cave—this is the spirit that vivifies the wood and stone.

What a mystery they are—these children of our own hearts! Where do they come from, really, with their strange differences and their striking likenesses? Heredity? What is it—all or nothing? Environment? What is that—the whole thing or less than anything? The more I see of other people's children and the better I know my own the less I understand or even pretend to understand.

WINIFRED BLACK
Writes About
The Wings of Pegasus

So there really was a horse that could fly, after all," said Winifred Smilo. "What was it, they said about him?" interrupted Chubby Cheeks, pulling his head on one side and looking very much like a goose that had just been plucked. "They said different things," answered Winifred Smilo, putting a new bit of bright thread into her embroidery needle. "They said there wasn't any such horse and he couldn't fly anyway, even if he did have wings. One man said if he ever caught him the first thing he would do to him would be clip his wings. What do you think of that?" "What do you think of that?" asked Chubby Cheeks, looking up at the sky, plow and all, wouldn't it?"

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Diary of a Well-Dressed Girl
Solving the Problem of a Practical Serge Frock for the Girl Who's Away at School

"Won't some kind soul send me a blue serge frock? Mine wore thru at the elbows yesterday—the sleeves, yoke, neck, were tattered—while I was in the lecture room. Everybody feels terribly sorry for me, and I'm sure unless someone back home has a spare of generosity, they'll take up a collection for me here."

Mother almost wept when she read this part of Cicely's letter. She has a "nest" spot in her heart for this particular niece. "Robin, we haven't sent the child anything for quite some time," she said. "We should remember that this is her senior year, and she will need more clothes than before."

I smiled to myself. Cicely's little plan had worked well. She knows that she has but to enlist mother's sympathy and she'll get everything she wants—and then some.

So I tried the downtown and bought sufficient material for three frocks and a pattern for the blue serge one. Mother and I sewed like maniacs and finished this frock in record-breaking time, so that Cicely would not have to suffer the pitying glances of her classmates longer than was necessary.

I bought the finest quality of French serge in a rich shade of navy blue. It isn't a bit waxy, and hangs in folds as graceful as silk.

We decided to make the frock very youthful in line and trimming. I cut out the bodice first, making a lining of white china silk, since Cicely hates the "woolly" material against her skin. Mother fitted it and I stitched up the seams. It is perfectly plain, with a soft waistline at the waistline. It opens down the front over a chemise of white Georgette crepe crossed over in surplus fashion.

Mother made the bishop sleeves, gathering them into tightly fitted wristbands of serge. Then I sewed them into the armholes. I also made a broad collar and wide cuffs of Georgette crepe edged with narrow, hand-hemmed fringe of the same material. After attaching them in place I cut out the skirt.

Mother suggested that we make a pleated skirt, but I had set my heart upon having large, embroidered pockets in front, and, of course, they couldn't be used on a pleated skirt. So we compromised, and the back and sides pleated and the front plain with a few gathers at the top.

Everything went fairly well about this frock, and before evening we had the skirt seams stitched and the top attached to the waistband.

The following day we hemmed the skirt pressed in the pleats and attached it to the bodice.

I made two oddly-shaped patch-pockets and embroidered them with wavy lines in oriental tones of red, green, blue, black and gray. After stitching one on each side of the front panel I made a sack of serge and trimmed the ends with worsted ball fringe in red and blue. It is long enough to wrap about the waist and knot at the side with long ends.

The frock is as smart as it is possible for a serge frock to be. Cicely is sure to like it. It is just the type of dress that looks best on her. But she really ought to be soiled for wearing mother such a well-letted, so-to-speak, frock. I'll have to take mother out to see the cunning things.

THREE-MINUTE JOURNEYS

WHERE ONE ENTIRE STREET OF A CITY IS GIVEN UP TO SELLERS OF SHOES.

The streets of the average Turkish town are the parts of the city one most wishes to avoid. Invariably very dirty, many are overrun with dogs and after night has fallen are so badly lighted that the traveler needs steady nerves to make a short evening journey.

Pale Weak Nervous Children

SCHOOL days are anxious days for parents as well as for children. At the most critical time in their lives girls, and boys, too, are subjected to the enormous nervous strain which examinations and excited ambition entail.

To many children this means nervous breakdown, with weakness of the digestive system, headaches, fainting spells, and a run-down condition, which makes them fit subjects for coughs, colds and contagious diseases.

The blood has become thin and watery, and the nerves are being starved, as is evidenced by weakness of the optic nerve, and the necessity of wearing glasses.

The rational treatment for this condition is Dr. Chase's Nerve Food. While gentle and natural in action, this food cure is wonderfully potent in restoring strength and vigor to the exhausted nervous system.

Experience with many thousands of cases has proven that this restorative treatment is just what pale, weak, nervous children need to build up their systems and to help them back to health and vigor.

50 cents a box, 6 for \$2.50, all dealers, or Edmanson, Bates & Co., Ltd., Toronto. Do not be talked into accepting a substitute. Imitations disappoint.

Dr. Chase's Nerve Food

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