EVENING CAPITAL NEWS

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Idaho's Timber Business Neglected.

THE state of Idaho owns around 1,000,000 acres of forests, the estimated value of which is $30,000,000.

The federal government owns 7,000,000 and private holders 1,000,000 acres.

The federal government and private owners recognize the value of their holdings and have organizations to protect them. Moreover, they know what they have. Idaho doesn't.

Many people may not know that the timber products of the state rank well up to the top. The latest official figures (1916) show an actual output for the year of 886,000,000 feet.

For every thousand feet $10 was spent for wages and supplies—$8,860,000 for labor and supplies! That's a large sum. The timber business in Idaho is quite an industry.

Obviously Idaho's timber holdings will grow more valuable if cared for, protected, inventoried and classified.

With millions in that class of property too little official attention has been paid to it.

It may be that the state forester bill pending in the house reaches the spot; but if it does not, some other scheme should be devised at once and put into effect to place Idaho's timber business on a basis harmonious with its importance.

State Police.

THE old national guard is no more. Mustered into federal service, it was merged with the great selective service army raised for the German war, and lost its identity. The army as it now stands cannot be unscrambled into its old elements. The war department has decided that as it is demobilized the former guardsmen will return to civilian status. There will not even be left the shell of an organization, or the legal authority to re-create it.

Something, therefore, will have to be done soon to provide a substitute. The new army system that is to be evolved may enable the country to dispense with state militia permanently, so far as federal requirements are concerned. But all the states will still need some sort of armed forces of their own to preserve order in emergencies.

Accordingly there is developing a widespread demand for "state police," such as are already found in Pennsylvania and a few other states. Such bodies are not militia organiaztions at all, but genuine police, employed continuously by the state in the same way that municipal police are employed by cities. They take over the police duties that formerly belonged to the state militia or national guard, and which constituted the most disagreeable obligations of those citizen-troops.

Some of the European governments are beginning to ask when Mexico will pay her debts. Oh, about the same time Germany does.

The most popular king in the world today is George of England. The reason is that he camouflages his royalty. Any king who wants to hold his job nowadays has got to act like ordinary folks. It's only the common citizen who can afford to put on any autocratic airs.

PUTTING IN THE PUNCH.

By PEPS.

SEEN in a phonograph record ad.: "Erin in English."

ALBERS, the pancake man, prosecuted for treason, probably knows for the first time something about the griddle.

HAS IT been changed to Demosonian Jeffocracy or Nugentonian Crackjeffrocy, or what? Ought to make it plain initials, like the G. O. P., and it wouldn't be so easy to monkey with.

IS IT the idea for the soldiers to work on the stacks of memorials?

BILL M'ADOO is to be attorney for a movie trust. Who wants to be the Democratic candidate for president in 1920? Don't crowd!

WHENEVER there's a church social nowadays there's no use looking around the hotel lobbies for politicians.

PROBABLE PRESIDENT OF HUN REPUBLIC IS AUTHOR OF "GERMANY-OVER-ALL" SCHEME.

JOSEF FRIEDRICH NAUMANN, who is regarded as the most conspicuous candidate for the presidency of the new republic of Germany, following the recent elections and the calling of a national assembly, created a sensation in March, 1917, with his book, "Mittel Europa" (Central Europe). Chancelleries the world over discussed Naumann's idea, and Germany's statesmen, later in the war, believed firmly that this book crystallized the world sentiment to crush Germany.

The book was issued while Germany's star was in the ascendant, and was popular in its form. Roughly, the idea was to establish a mid-European superstate by Germany and Austria-Hungary entering into a union amalgamating the military and economic functions of the two empires, leaving to each the independent power of internal administration in ecclesiastical and school matters.

"GERMANY OVER ALL."

The scheme called, too, for the preponderance of Germany in the union and urged that the new "Central Europe" be self-contained potentially. In order to accomplish this, it was pointed out that it would be necessary to absorb the Balkan states, for only by doing so could the new empire stretch from the Baltic and North seas to Constantinople.

The book argued that the idea was practically created by the world war, and Germany's preponderance in the union was accounted for by the fact that Germany's troops had just turned back the Russian invasion of Hungary.

The book appeared when the Balkan campaign had put the southeast part of mid-Europe into the hands of the central powers and when the military maps showed a solid stretch of the earth's surface from the North sea almost to the Persian gulf in the hands of the central powers.

Naumann was born March 25, 1860, in Silesia, and was educated at Leipsig, taking his degree at the university there. Soon after graduation he became a minister in the Evangelical church, and obtained the degree of doctor of divinity. He preached for a time, but entered the reichstag to better the conditions of the Silesian coal miners.

ABLE AND ELOQUENT.

In the reichstag he refused to join any party, but hoped to organize the National Socialist party, and was at all times regarded as one of the shrewdest, most eloquent speakers in that German deliberative body. His desire to aid the Silesian miners led to his study of labor conditions, and to the conviction that the welfare of the German workingman depended upon the expansion of Germany's foreign trade. So he became an ardent free trade advocate.

In his weekly newspaper Die Hilfe (Assistance) he constantly urged that the German people hold steadfast and keep on fighting, pointing out visions of "gorgeous treasure they have won for themselves and their country in the long turmoil of the fight."

In his weekly paper also he urged that the German people in 1916 be retaught that "the present occupation of enemy country is a blessing to the Germans and is necessary because the enemy occupies Germany's colonies in Asiatic Turkey, eastern Galicia and the Vosges."

A month later he saw a serious warning in Roumania's course in subscribing to the opinion "that the Central European cause is lost, and that the division of the Austro-Hungarian territories can now begin," and called it a judgment of defeat. He implored the German people to prepare anew and "to put forth their inner strength" against the Allies' governments.

"GROUND ROCKS UNDER OUR FEET."

In May, 1917, he wrote: "The ground rocks under our feet," but renewed his counsel to the German people to fight anew. The next month he urged that the two emperors proclaim the federated European powers, in line with his book.

Naumann shared the hate and suspicion of all Germans toward Great Britain. He declared in September, 1917: "The world knows that we do not want to annex Belgium, but we won't let go of our hold until we are certain that Great Britain, too, annexes nothing."

News dispatches made little mention of Naumann for the next three months, during which time President Wilson had laid down his peace terms to the Central Powers. In the latter part of January he advised in the Reichstag that serious consideration be given to the president's proposals.

Again he urged the two emperors to proclaim the "Mittel Europa, idea in April, 1918.

Commenting upon the causes of the war in June, 1918, Naumann asserted that the world battle was "just fate." He declared that the war must be fought to a finish because the differences between the central powers and the entente were irreconcilable.

WROTE MANY BOOKS.

Naumann was a prolific writer and many of his books deal with religious and economic topics. "Democracy and Kaiserism" appeared in 1900; "World Power and Social Reform" appeared in 1899, as did "The Navy and Reaction." Naumann always advocated a greater German navy, although he was opposed to the policies of Admiral von Tirpitz, which he characterized as "undisciplined."

ADVICE TO GIRLS :: :: By Annie Laurie

DEAR ANNIE LAURIE:

I am a girl of 21, and am engaged to a young man four years my senior.

Now, dear Annie Laurie, I want your best advice. When we became engaged he told me we would soon set the date for our marriage, but for the past three months he has never mentioned this subject. He has told me he loved me dearly, and I am very much in love with him. He has always been a perfect gentleman toward me, and he never goes with other girls. I have asked my mother what she would advise me to do, and she tells me the question is too big for her. She loves him very much, and he seems to think a lot of her.

I go to work early and work late. I hardly ever see him. I am loved by all of his friends, but they tell me he says he thinks I am angry with him, which I am not. Would you invite him out and mention this subject or would you have him call at my home?

ANXIOUSLY WAITING.

ANXIOUSLY WAITING: The young man probably doesn't care to ask you to set the date for your marriage until he feels he can support you. It would be far better to invite him to your home than to meet him anywhere else. It would be unwise for you to mention the subject of marriage. Let him do that. Men always like to be allowed to do the courting.

DEAR ANNIE LAURIE:

I am a girl of 20, and am employed in the office of a big concern. I am very much in love with a young man who is also employed in the same office. He loves me very much, too. He expects to leave here soon. He has asked me to marry him before he leaves.

Our parents have not known of our love affair until recently, and both his parents and mine oppose the marriage. The reason for this is that we are of different religious beliefs. I love my parents dearly, and know that if I marry without their consent I shall lose them forever.

What do you advise me to do? Shall I give up my sweetheart, whom I love, or lose my parents?

PUZZLED.

PUZZLED: It is most unfortunate that religion often causes the objection to what the couple think would be a happy marriage. But I don't see how you could oppose your parents, as it will be necessary for you to make your home with them for some time, and, you know, they are thinking of your future.

DEAR ANNIE LAURIE:

We are two girls, 20 and 21 years of age, and we beg of you to give us your best advice.

We are deeply in love with two young men three or four years our seniors. These young men are of admirable character in every way but one. They have the bad habit of gambling, but they promise to try and overcome this bad habit if we will marry them.

Now, dear Annie Laurie, do you think we should marry them to reform them? Our parents object to them, but we feel that we would rather die than live without them.

Now what must we do?

TWO ANXIOUS GIRLS.

TWO ANXIOUS GIRLS: Gambling is a very bad habit and often brings misery and unhappiness. It doesn't seem possible that any young man would choose gambling in preference to a girl he loved.

But don't marry a man to reform him. It would be very unwise. If he will not discontinue before he is married he will not afterward. Let him give up the habit first. Perhaps the boys are not wedded to this habit as much as you think. Why not have your parents talk to them about it?

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.

LITTLE STORIES of THE NATIONS

TIME'S ASTONISHING CHANGES IN THE GROUPINGS OF THE EARTH'S PEOPLES

By ALBERT BARRETT SAYRES

Why the Breaking up of the Roman Empire Produced New Nations in Europe.

SOON after the conquest of the city of Rome the Gothic king under whose command the victory was won died. His scuccessor made a treaty with the Roman Empire by which he gave up the city and went into Spain ostensibly as a Roman officer to restore the province, but actually to found an independent Gothic kingdom in Spain and southern Gaul.

During this time the western empire was being cut into by Franks, Burgundians, Vandals and other once barbarian tribes. It was through these settlements within the empire that several of the chief nations of modern Europe rose.

The Gothic kingdom in Spain and southern Gaul—the capital was Toulouse—was perhaps the first of the kingdoms of modern Europe to come out of the breaking up of the Roman Empire. In the mean time the Burgundians—whose name became so famous in later history—began to settle in the southeastern part of Gaul. Toward the end of the fifth century the kingdom of the Franks took firm root in Gaul under King Clovis, a name that has been written for hundreds of years as Ludwig, Lewis or Louis.

The Franks extended their lands to take in part of their old possessions beyond the Rhine as well as their conquests in Gaul. Part of Gaul is still called France, and part of Germany is still called Franken or Franconia—the names are the same in Latin, Francia. The Franks now conquered the kingdom of the Burgundians and pushed the West Goths into a small part of Gaul bordering on the Mediterranean.

It is out of these settlements that the modern states of France and the other peoples now living in Gaul arose, as well as the state of Germany and that of Spain.

All this time there was mixed with the temporal changes the question of religious differences. Two great sects had developed among the Christians. These were the Arians and the Catholics. Many of the peoples who conquered the lands of the Roman Empire had been converted to Christianity as Arians. Some of the kings persecuted the Catholic Romans. For instance, the Vandals, who had settled for some time in Spain, crossed over to Africa in 429 and founded a kingdom of which Carthage was the capital.

On the other hand, other Arians, like the East Goths, who settled in Italy, were liberal of mind. The king of the East Goths was Theodoric, under whom Italy was the most peaceful and flourishing country in the world. Indeed, so peaceful and flourishing was Italy at this time that for more than a thousand years afterward it knew no period so tranquil nor so prosperous. Yet from the East Goths sprang no modern states. They passed away as utterly and almost as quickly as did the Vandals.

We have seen how new states rose out of the settlements of the peoples of the second Aryan swarm in the western provinces of the Roman Empire. Indeed, new nations as well as new states appeared. For from the mixture of the Roman natives and the Teutonic settlers came new conditions. These conditions were neither Roman nor Teutonic, but a mixture of the two.

In the mean time, however, the Goths and the other peoples inside the empire, as well as the Romans themselves, were threatened by the Turanian hordes under Attila, king of the Huns. Attila went on conquering and destroying until at last his hordes faced the Romans, Goths and Franks at Chalons in 451. It was a life and death struggle between the Aryans and the Turanians, between all that distinguishes Europe from Asia and Africa. Civilization won, and the Huns were driven back. This was one of the most important battles ever fought in Europe.

MY SOLDIER HUSBAND

ADELE GARRISON'S NEW PHASE OF

REVELATIONS of A WIFE

What Lillian Told Madge When They Met

LILLIAN met me in answer to my telephone message at the railroad station, Marion, wide-eyed and excited by her side. She hurried me to a waiting taxi.

"The old town has simply gone wild," she said. "We would never get back to Fifth avenue if we tried to walk. And Fifth avenue is the centre of things just now."

"Oh, Auntie Madge!" Marion was fairly jumping up and down in excited glee. "Isn't it wonderful the war is over, and now Uncle Dicky-bird can come back and Uncle Robert, too."

"Uncle Robert!" I echoed, turning in startled inquiry toward Lillian, for I had heard nothing about Robert Savarin for months. Whenever I'd thought of him I had pictured Lillian's artist friend in his lonely mountain home, waiting quietly, devotedly for any chance to serve her.

Lillian is rarely embarrassed, and I was surprised to see a faint flush on her face.

A Story to Come.

"I'll tell you about it later," she muttered hurriedly, and I realized that she had been purposely concealing from me the fact of Robert Savarin's presence on the other side.

There was no time for query or speculation, however. Even if the kaleidoscopic movement outside our taxicab windows had not held our own interest, as it did, Marion's wild enthusiasm and startled ejaculations would have compelled our attention to the exclusion of anything else.

A Premature Celebration.

"You must see the signs, Auntie Madge," Marion carolled, as our taxi, temporarily blocked by the press of hundreds of other vehicles, stopped in front of one of the great department stores. Following her pointing finger—for which her mother tolerantly refrained from reproof—I saw spread against the magnificent window curtain of one of the large windows this legend:

"Too happy to sell things. Come tomorrow."

"That's one of thousands, all similar in import, yet each original in phraseology, scattered all over the city," Lillian observed as our machine started on again. "There never was such a spontaneous outburst of happiness as this since the world began."

A newsboy dashed through the crowd with a bundle of papers, calling something raucously which I couldn't understand. A man seated by the driver in a taxi abreast of ours called to the boy, who made his way to the side of the slowly moving machine, and handed up a paper in exchange for a coin. As the man unfolded it I caught sight of the big, black headlines.

"Report of Armistice Signing Unfounded!"

For a long agonized moment the black headlines of the paper merged into the buildings and the street in one swirling darkness of misery. Then as my eyes cleared I turned to Lillian.

"Oh, what does it mean?" I asked. "It cannot be that this is all a mistake."

She put her hand over mine, firmly, reassuringly.

"Even if it should be, and I strongly suspect that the news hasn't yet been confirmed," she said gravely, "don't you know that this culmination is only a matter of days, perhaps hours? It is too bad, of course, if it should turn out to be a premature announcement, for the spontaneity will be taken away from the reception of the real news. But the armistice is coming, as surely as Fate, and in the mean time, well—suppose we imitate in our mild way the philosophy of the gentleman on the curb."

I followed her eyes to the pavement, where a large man in an advanced state of joyous bibulousness was dancing a solemn jig upon the torn remnants of a paper bearing the same headlines I had seen.

"Nobody nor nothin' can spoil my celebration!" he was asserting noisily.

"That's my motto for the afternoon," Lillian said decisively.

But under my outward acquiescence lurked the throbbing anguish of knowing that my soldier husband was not yet out of danger.

ODD and INTERESTING FACTS

A serving tray that fits an arm of a lunch room chair securely has been patented.

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The elder Dumas, in one phenomenal year, actually turned out volumes at the rate of one a week.

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The English thrush brings its snails to a certain convenient stone on which it will crack their shells by beating them upon it. Some sea birds carry shellfish to a height and drop them on the rock to break their shells; but this brings only the anvil into use, not the hammer. The case of the wasp is the only one which records the seemingly intelligent use of a tool to accomplish a given purpose.

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Before oil is struck it is often necessary to bore to a depth of over 1000 feet. From many of the wells the oil has to be pumped; from others it gushes upwards through the iron piping with a force that sends it to a height that may be anything up to 600 feet or more. The latter form of well goes under the name of spouter. Obviously, when a well spouts much oil would be wasted if the flow comes into play. A workman, clad in an oil and gas proof dress that resembles that of a diver, and is fitted with the usual long air tube, approaches the well from which the oil is gushing and fixes a cap with a "gate valve" to the pipe, thus arresting the flow. Then a branch connection pipe is fitted for the conveyance of the oil to the reservoirs. The gas given off by spouters causes all silver within a radius of many miles to turn black.

A violinist of Baltimore, Md., is the possessor of what might be called a barometric violin. Some time after he bought it he noticed that at certain times it exhaled a strange and subtle fragrance, like an aroma of Oriental incense. Later, he observed that this fragrance was noticeable only when the weather was about to become damp. He obtained the violin in Paris some years ago when he was studying there.

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There is an old and trite saying that "imitation is the sincerest form of flattery," and in that connection one of those things not generally known is that the wearing of spats originated as a compliment to the kilted regiments who were then in the Indian mutiny. The glorious deeds of the Highlanders in that campaign made them popular heroes, and in the late fifties many things in dress were adopted by the public in imitation of Scottish uniforms, but only spats survive.

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Phonograph music, occasionally supplanted by orchestra music, has become a regular milking-time feature in the dairy barn on a large stock farm in Ohio. Commercial, rather than artistic, reasons have prompted the introduction of this feature, it having been found after repeated tests that the yield of the cows is greater when milked to the tune of some soft, melodious selection. On several occasions an orchestra has played for the cows with the same result, namely, an increase over the previous normal yield of milk.

In the Evening Is the Best Time to Read

Why Science Says We Eat by Instinct Rather Than Reason

By DR. LEONARD KEENE HIRSHBERG

A. B., M. A., M. D. (Johns Hopkins University)

DR. HIRSHBERG

MAN eats, unhappily, according to the demands of his instincts. Diogenes expressed it in this way: "If you are a rich man, you eat when you please; if you are a poor man, whenever you can."

Science has been hard at it to point the road for the appetite and digestion, but instinct still leads the way.

Animals are, apparently, better able to guard against the mischief of an indiscreet diet than are many men. Swine, for instance, given oil meals, meat meals, corn, salts and other things, select instinctively the special foods needed. When young and growing they choose proteins; when middle-aged or old they avoid albumens and protcins and eat meals and oils.

In an experiment young rats were permitted to pick out food from two different sets of rations, one arranged for growth and the other for full-grown, middle-aged animals. Although the rations were alike almost in appearance, taste and physical properties, all but one of the young rats ate the food which made growth.

Science cannot explain this marvel of nature. When little children demand candies, cakes and sweets in abundance the same influence is at work. These are preferably given as desserts after meals to avoid their substitution of other necessary foods. The vim, vigor and vitality which are inherent in normal, healthy living tissues make the human fabric compensate quickly for under-eating or over-eating.

The Coffee Instinct.

After a food debauch the stomach turns a somersault, and casts out topsy-turvy a lot of excess baggage, which, like Jonah in the whale, made an unwilling entry.

Persons who complain habitually of "hot flushes," "feeling feverish," who are "hot and red," whose skin and flesh are flushed, oily, perspiry, who "catch cold easily" have this continuous sensation of heat and the effort of their flesh to dispose of, the extra heat, because they eat too much or eat food that is too rich.

Influenza, pneumonia, colds and other infections are very prone to strike the person who eats too heartily. His skin becomes overcharged with blood, conveys congestion to internal centres. Hard physical work in the cold outdoors helps to dispose of surplus food.

Caffeine, the active substance in coffee and tea, also helps to use up an overabundance of food, because it whips up the muscles and other structures to make them burn and oxidize the diet. A cup of black coffee after an Epicurean repast goes a great way in thus disposing a super-abundancy of rations taken into the stomach. The widespread instinct to take a cup of these beverages is thus explained.

Reins of Reason.

The millionaire, despite his millions, should by no means eat as much as the ironworker who holds the world's record for driving tens of thousands of rivets into a ship's seams. The physical exertions of the latter drive his tissues to seize and devour whatever the stomach dispatches to them. In turn, the stomach's hunger remains at par longer than any billionaire not engaged equally as much with his muscles.

Middle-aged persons can be fattened, like geese and cattle, by forcing themselves to eat more than their instincts crave. However, men and women become fat less from over-eating than from internal disorders, disturbances of health and other things not directly traceable to their gluttony.

Finally, it may be said that the instinct of animals and plants to obtain the exact food required extends even to those mysterious substances, the vitamines. Esquimeaux, who search near and far for the delectable contents of a reindeer's stomach, are not conscious of the fact that it is the fresh, vegetable vitamines which prove so delicious to them.

Evidently the dietary knowledge of which we are conscious cannot yet fully replace our inherited instincts. We must still in a measure rely on them.

Answers to Health Questions

MRS. A. L. T. Q—Kindly advise me what to do for an itching sensation all over the body.

A—There is perversion or some disorder with either one of the glands of the body or the enzymes that flow in the blood stream. If the tissue fluids are disturbed in some way by bacterial presence or a disturbance of one of the natural juices of some of the tissues, such as the stomach or intestines, transferred from the channel into blood or lymph stream.

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A SAILOR. Q—Kindly advise me what to do for sea sickness.

A—Twenty-four hours before going on shipboard clean out the intestines with calomel and soda. Thereafter on the trip have the intestines act twice a day. One capsule of the following to be taken occasionally. Do not over-eat:

Camphor ..... 1 grain
Sodium bicarbonate..... 3 grains
Antipyrine..... 1 grain

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H. A. B. Q—Kindly advise me what to do for gas on the stomach.

A—Try either of the following in a little water every four hours: Salol, 2½ grains; or bicarbonate of soda, 10 grains; or bismuth subnitrate, 5 grains.

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C. S. B. Q—Kindly advise me what to do for styes.

A—Styes are seldom due to local scratch or bacteria. Strain of the eyes, instead of the relaxation of correct glasses may be the cause. Have the eyes tested by a careful, painstaking oculist. Meanwhile, apply a little of six grains of ammoniated mercury to two drams of white vaseline to the styes.

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BOBBIE. Q—Kindly advise me how to reduce the bust.

A—You must not interfere with whatever condition is naturally present in the breasts, because tumor growths, fatal maladies and cancers all have a preference for the breasts of women, and any interference with those delicate tissues is apt to stir up one of these unpleasant conditions.

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MRS. A. B. Q—Kindly advise me what to do for rough hands.

A—Apply a little rosewater and glycerine to the hands.

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L. S. Q—Kindly advise me what to do to gain weight.

S—What can I do for constipation?

A—Your weight may be increased by 10 to 12 hours' sleep in a well ventilated room, by eating sugars, starches, butter, puddings, fatty meats, rich soups and gravies. You must drink copiously of water and milk. Take but little exercise, be in the open air and sunlight just as much as possible, and keep the intestines open and active.

2—Take a glassful of water every hour, two glassfuls before meals, charcoal tablets, milk of magnesia, eat prunes, raisins, apples, figs, dates, oranges and other fruits at night and between meals. Slightly warmed—not boiled—milk, whole wheat, bran biscuits, vigorous massage of the abdomen will help. Keep your intestines open and active.

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Dr. Hirshberg 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. Hirshberg, in care of this office.