and Places in Day's News

HEALTH AND HAPPINESS HINTS FOR TIMES READERS

Medical Research Knocks Bottom From Popular But Unscientific Superstition

Truth So Unpleasant, However, That One Often Not Only Refuses To See It, But Ostracizes It.

By DR. LEONARD KEENE HIRSHBERG,

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TRUTH is truth to the end of the reckoning, but for humanity to know actually what is true—truth freed of all its historic, traditional, prejudiced and environmental accidents and beliefs—seems often beyond our sub-angelic rationality. For instance, ninety-odd out of each hundred persons believe that gin is "good for the kidneys." Yet gin is a powerful alcoholic beverage which literally eats away the kidneys. This truth remains unknown.

Most women think that a baby teething may, therefore, have as a sort of "by-products" the mumps, whooping cough, and even fatal summer complaint. Yet these are specific infectious maladies associated with particular microbes. It is difficult to implant the truth and uproot the fiction.

Misleading Names.

Medical researches, observations, checked up and carefully compared, bring truth home under difficulties. Like Cassandra, the truth knocks at your door, but it has so much that is uncomfortable and unpleasant about it that you will not only refuse it admittance, but you ostracize it.

In this is to be found the reason that such terms as "catarrh," "rheumatism," "neurasthenia," "dyspepsia," "dropsy," and similar current pseudonyms for 57 and more maladies pass current as real ailments.

"Dropsy" is peculiarly appropriate as an example. Often a concomitant of severe disturbances, it jog-trots along in the vernacular as "rheumatism" and other similar terms of the mock brotherhood of pseudo diseases. Any waterlogged condition of the feet, hands, arms, legs, or abdomen, and the flesh generally, may be justly called dropsical.

Some Fallacies.

Dropsy, or oedema, means the accumulation of fluid in the intestices and meshes of the living structures. It may be beneath the skin or in the larger cavities, or, perchance, only beneath the eyelids as bags of sagging flesh. In short, it is not the name of a real malady. To say that a person has dropsy is merely to give a street name or a colloquial expression to a symptom. It is as far away from a correct diagnosis of the trouble as it would be to call pneumonia "housemaid's knee."

Dropsy occurs as a symptom in such various distempers as chronic poisoning by bad rice and other cereals, beri-beri, Bright's disease, sugar disease, half a dozen different heart disorders, poor quality of the blood, anaemia, tumors, aneurism, internal organic derangements, pressure of abnormal structures, infectious affections, and many degenerations of the nerve fibers.

Answers to Health Questions

MRS. L. R.—1. My appetite is normal for about two weeks at a time, then it gets ravenous, and I crave food, especially sweets. What is the cause of that? 2. When I lean over, my breath seems cut off, and my head feels as though a blood vessel would burst. Is that serious? 3. What shall I do for stiff and painful joints?

1. You should have more fresh air, and exercise. The lack of these causes you trouble.
2. No, it is not serious.
3. Exercise, forced movements and electricity will relieve the pain.

C. R. C.—Will a rochelle salt bath reduce the weight?

Rochelle salt baths may help to reduce the weight if continued long enough, but a quicker way is to avoid all sweets, starches, butter, cream, ham, pork, gravies, oils, candies, oily and greasy foods. Do not sleep more than seven hours in the twenty-four and take lots of active exercise, such as swimming, dancing, rowing, running and all sorts of gymnastics or manual labor.

R. M.—Q. I have a fluttering sensation in the stomach.

A. Take copious draughts of water and ten grain of bismuth. Wear an elastic bandage.

A. V. C.—Q. I have a constant sound in my ears similar to a locomotive under high steam pressure. What can you advise?

A. You should go to an ear specialist at once.

C. M. M.—I am very nervous and greatly troubled with gas, more especially after my evening meal. What can you suggest as a treatment?

Avoid solid food, eat figs, prunes, dates, currants, oranges, apples, salads, oatmeal, shredded wheat and other cereals, and drink two glasses of distilled water an hour before each meal. Take seven grains oxide of magnesia before meals and six charcoal tablets after. Be in the fresh air more, retire two hours earlier than usual, sleep in a well ventilated room, and get lots of rest during the day.

W. G.—I have a little girl who has adenoids. Can you advise me if I can take her to any hospital and have them removed free of charge?

This operation can be performed free of cost in the nose and throat department of any large hospital.

M. E. G.—Can you suggest a remedy for liver spots?

Liver spots may be eradicated by radium, x-ray, or the surgeon's lancet.

M. P.—How may I clear my complexion?

Avoid all greasy, oily and hot foods, sweets, pastries, candies, starches, vinegars, pickles, and sour things. Massage the skin clear with a Turkish towel and ice-cold water. Do not use soap or hot water on your face, but wash with salicylic acid, one part; tartaric acid, two parts; acetic acid, five parts; glycerine, twenty parts; kaolin, thirty parts; rosewater, seventy-five parts. Apply at night sulphur, one-half ounce; spirits of camphor, fifteen drops; resorcin, ten grains; acacia, one ounce; lime water, two ounces; rose water, one ounce.

Mothers' Pension Foes Are Busy in N. Y.

The defenders of mothers' pension legislation in New York are taking exception to the report compiled by an accountant of the Comptroller's office and issued to the members of the State legislature. To begin with, the report is based upon statistics taken from the entire city of New York, instead of working out a proportionate scheme based upon the results from other States. It allows four children to each of the 602,829 married women in the city, and reckoning on a pension of $42.50 to be paid each widow, computes a total of $2,302,670 to be paid by the city annually.

As a matter of fact, figures taken from other places where the pension law has been put into active use tends to show that the number actually in need of aid would be, in New York city, about 36,000. Among the other States the highest average amount paid to widows is $25.54 a month in California, a State with equal suffrage legislation.

Even the sum of $2,306,670 is appreciably less than the present cost to the city of New York for the maintenance of dependent children, which in the last year was $2,827,658.

Shots at Women

Strike an average between what a woman thinks of her husband a month before she married him and what she thinks of him a year afterward, and you will have the truth about him in a very handy form.

Two's company; three is a story in the 15-cent magazine.

Do not be deceived by appearances. The virtue of a man is not to be measured by what he does while his wife is watching.

Women, as a class, have very little sense of humor. Nevertheless, most of them have enough for an occasional quiet snicker at their husbands.

To inspire confidence in women it is only necessary to avoid being sincere.

—From Smart Set.

PROPER WAY OF COOKING FISH

Finny Dainties Take Place of Meat For the Next Few Weeks.

FISH is the meat equivalent with all its sinfulness omitted, which we turn to as a food staple in Lenten days. Either fresh, smoked, or in some of the various canned or dried forms, it will be the basis of our meals for several weeks to come. It is therefore worth while knowing more about fish, its nature, the best methods of cooking it, and serving it on the family table.

There are, broadly, two classes of fish, the red-blooded, in which the fat is evenly distributed through the flesh, making it all soft and oily; the other, the white-blooded fish, so-called, which are dry because the fat is collected in one special place. Each of these groups requires a different cooking method. Fat fish, like salmon, bluefish, whitefish, etc., should therefore not be fried or cooked in such a manner as to add more fat. On the other hand, the light or dry fish, like flounder, mackerel, weakfish, halibut, etc., are best prepared with the addition of fat or an oily sauce.

The size of the fish, too, partly determines the method of cooking. Large fish lend themselves best to baking, while small or pan fish are better prepared by the quicker broiling or frying method. "Fis hsteaks" of cod and halibut (both dry) particularly need a relieving sauce. Indeed, the secret of good fish dishes lies in the sauce. No other one food needs "tone" both in sauce and garnish. Since fish is uniformly gray-brown when cooked, in serving it needs to be made more attractive by highly colored garnishes, such as rings of lemon, tomato sauce, emerald parsley, or a yellow mayonnaise.

The poorest method of all in cooking fish is the wasteful one of boiling, as by it the valuable salts and extracts of the fish are lost in the water. Steaming is preferable for such fish as haddock, cod, and the juice or liquor should not be thrown away, but saved and utilized. Only the Japanese and a few other foreign people can make a fish soup which is not a mess, and the American housewife has less skill in fish cookery than any other. This is certainly not because of lack of fish, especially on our seaboard, with its abundance of quantity and variety of the finny tribe. Hotels universally cook fish better than it is cooked in the home. This is only because chefs understand the nature of fish, the right methods for particular varieties, and the dexterous handling of sauces and garnishes. Unless one is really a fish lover, there is nothing more tasteless, insipid, and unappetizing than a platter of indifferently prepared fish, perhaps cold with no piquant sauce, no contrasting garnish.

Fish must be eaten "on the fin." It must be served hot on a hot platter. Qualities of freshness, firmness, etc., go without saying, and stale fish is, of course, positively dangerous. The many varieties of dried, dessicated, and canned fish can be used in innumerable ways, chief of them the cream or scalloped method. As a breakfast dainty, or a substantial luncheon dish, fish with a cream sauce on toast, or scalloped in some of the attractive earthenware dishes is always in season.

If any housekeeper doubts that fish is nourishing, let her consult a Government bulletin, showing the percentages of nutriment of fish and meat. Fish-eating folk, like the Scandinavians, the Japs, our own "herring chokers" in New England, are famously hardy people. Fish offers the same nutriment as meat without so many of the latter's dangerous toxic qualities. The housekeeper deserves to treat it with more consideration.

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Getting Girls Better Jobs

(Frances Frear, in Leslies).

What is to become of the cheap girl, if we have a minimum wage? A well-known disturber, addressing the New York State Factory Commission, argued for a minimum wage law limited for the present to women and minors since they are not strong enough to protect themselves by a union. In many respects a minimum wage seems to be desirable, but its inevitable effect will be the elimination of incompetents whose labor is not actually worth the minimum wage.

President Rosenbaum, of the National Cloak and Suit Company testified before the factory investigating commission that two years ago his concern of its own accord fixed a minimum wage of $6 per week, but after doing so was compelled to discharge the less competent girls. Nearly every concern employing help on a large scale has a few people whom it retains at what would be a less than a legalized minimum wage, but who, nevertheless, receive all that they are worth. An effort to make incompetents more efficient would be a more practical solution of the problem. Mr. Rosenbaum made the startling statement that 50 per cent of the girls from seventeen to twenty years of age who apply for work in his shops and who have been graduated from the public schools or high schools are good for nothing but labeling.

Would it not be well for the city to increase the number of its trade schools for girls? At the mid-year graduation exercises of the Manhattan Trade School for Girls a unique feature was the presence of girls who had enjoyed a year's training in the school and who told of the good wages they had made because of their training. One girl who had been graduated from the elementary schools got a position in a millinery establishment as an apprentice at $1 a week. After a course in the training school she at once got a position at $5 a week, and later on at piece work made as high as $11 a week. Another girl, who as a cash girl in a department store received only $3 a week, took a course in embroidery at the trade school, after which she was able to get jobs paying from $10 to $16 a week. Every city should increase its number of trade schools for girls. Preparing girls who must work to do at least one thing well is quite as important as fitting other girls for college.

Women Deserve Credit For Well Managed Offices

Francis W. Crowninshield, editor of Vanity Fair and author of "Manners of the Metropolis," has set many men thinking by his statement that women are responsible for the majority of well-managed offices. He states that where a man will bluster about his work his woman secretary will go quietly about it, and finish it before he has started to reduce the matter to its simplest terms. Mr. Crowninshield cites as examples the women employed in the insurance offices, of whom there are more than 60,000 in New York State alone, and the secretaries of many of New York's city officials, who have been held over from one administration to another because they know the routine of the office work better than those holding high positions. Incidentally, Mr. Crowninshield thinks that if saloons were abolished and men helped their wives at home as much as women help them in the office the divorce problem would soon adjust itself without further legislation.

That Wasted Back Yard

Wasted back yards are to be improved this spring by members of the Women's Municipal League of New York. Several of the members have taken courses in landscape gardening to prepare themselves for the work of planning other people's back yards. Even the tiniest space of earth may be cultivated in some way, and where soil is lacking, flowers and shrubs in pots can be used with good effect.

A specimen garden is described by Mrs. Robertson Jones, chairman of the gardening committee of the league. First of all, the back fence is to be painted green, and a garden seat of lighter green put at the center. Trellises for honeysuckle are at either side. Stone jars containing small box trees will mount guard over each side of the path, with rows of barberry bushes leading up to them. This is an all-year garden, for the honeysuckle leaves stay on until December, box is an evergreen and the barberry bushes have leaves in summer and red berries in winter. The cost of this garden complete is about $40, including labor, plants, painting, bench, and jars.

Members of the league are trying to induce the owners of whole groups of houses to install these miniature gardens, so that each family may have its own small rest-spot and play-space for the children.