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Daily Bible Question Club





Secrets of Health and Happiness

How Exercise and Correct Posture Increases Height

By DR. LEONARD KEENE HIRSHBERG,

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



make up height are the real world around in which

the real world in which you live—sunlight and food, open-air work, play and story; the height of your ancestors on both sides several generations back and the health or activity of your pituitary; thyroid and other glands.

Athletics, muscular work and exercises generally contribute to the growth and development of your bony structure. The mighty influence exerted by the emotions and the emotion-making glands such as the pituitary and the thyroid are easily illustrated. It is known that over-activity and enlargement of the pituitary gland changes a small or moderately short man into a giant. Huge backwoodmen and circus glants are commonly found to have overgrown pituitary glands or absent thyroids.

Take Daily Exercises.

There are different kinds of epitepsy?

A.—There are different kinds of epitepsy. State your case to me.

R. S. R.: Q.—Does lemon bleach the skin.

A.—Lemon is supposed to bleach the skin.

A.—Varicose veins come from a great many different causes, and it would depend largely upon the cause whether they would come back. Generally an operation gets rid of them. You should have a thorough examination.

E. A. R.: Q.—Kindly advise what to do for pain in my ear.

A.—You should have the ears examined by a good ear specialist.

H. B.: Q.—Kindly advise what to do for pain in my ear.

Take Dally Exercises. Take Dally Exercises.

There are on record inoculation experiments with pituitary gland extract, which, in a few instances, produced the contradictory effect of thyroid glands—the appearance of giantism.

Play and exercise which extend the skeleton lengthwise and stretch the arms, legs, spine and trunk help to increase the height. Reaching upward and pushing the legs vertically away from the hips for fifteen-minute intervals two or three times a day has made; some two or three times a day has made some persons taller.

persons taller.

Hold Head Erect.

The same effect can be better obtained eventually by learning to swim with the easy, arm stretch forward strokes. The overhand, the crawl and the trudgeon strokes, as well as the long sweeping side stroke, acquired with astonishing ease, will help materially in the augmentation of your height.

It is inadvisable, if not dangerous, to take pituitary or other glands in order to become taller. Medicines, drugs and other internal ministrations to most people are more vicious than buzz-saws people are more vicious than buzz-saws to babies.

my precious lamb. It was now a month since she had had measles in her home.

DR. LEONARD KEENE HIRSHBERG,

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

Until the gristle and soft, bony fabric of the body becomes rigid and calcified by the brittleness which invades the human structure with the onset of years, there is always a chance to acquire more height and growth.

Some of the elements which go to make up height are the real world around in which you live—sunlight ork, play and successors on both titons back and the itons back and understance. All the the words from her meant more than a whole paragraph of promises from most people. "All right," she said laconically, but the two words from help."

She shot a keen glance at me. "All right," she said laconically, but the two words from help."

The two words from help."

She shot a keen glance at me. "All right," she said laconically, but the two words from help."

The only way you can help him just from most people.

The only way you can help."

The only way yo

H. B.: Q.-Kindly advise what to do

E. R.: Q.—Kindly advise what to use for dandruff. A.—Use a little of the following for your dandruff:

strokes. The overhand, the crawl and the trudgeon strokes, as well as the long sweeping side stroke, acquired with astonishing ease, will help materially in the augmentation of your height. It is inadvisable, if not dangerous, take pituitary or other glands in order to become taller. Medicines, drugs and other internal ministrations to most people are more vicious than buzz-saws to bables.

The balance of a man's head on his

MY SOLDIER HUSBAND

REVELATIONS OF A WIFE

Has Lillian the Correct Idea About Dicky's Trouble?

ADELE GARRISON'S CONTINUATION OF

SOUNDS A NOTE FOR PARTY LEADER KNOWN FOR HIS INTEGRITY

dangerous points, putting in jeopardy a long train of splendid influences, come from the turbulent and reckless Mars, in a fiery sign, manifesting in hot and sharp words, rash deeds and haste generally, though a quickening of all the energies—physical, mental and emotional Venys and in the state of the second state.

tional. Venus is well placed, indicative of activity in social, domestic and affectional matters. Jupiter is also well

placed, making for pleasure and profit in many directions. Neptune sextile

Those whose birthday it is should be

be interesting, impressionable, but un-

conventional, and will succeed best in

My mother-in-law, still with that imperious look on her face, remained silently looking at me and waiting until I should come to the point of refusing Lillian admittance to the room where my baby lay. Swift thoughts flew through my head. Perhaps after all it was dangerous to let Lillian see in the seem of the seem of the worn of which is keeping to mimself, some phase of it which we don't know about, something the worry of which is keeping the worry of which is keeping to misself, some phase of it which we don't know about, something the worry of which is keeping to misself, something the worry of which is keeping to misself, something the worry of which is keeping to misself, something the world was also world as permanently as a proposition of the with the may be counted as permanently disabled."

"Of course," Lilliam retorted impatiently, "but there's something behind it which he's keeping to nimself, some phase of it which we don't know about, something the worry of which is keeping to nimself, some phase of it which we don't know about, something the worry of which is keeping to nimself, some phase of it which we don't know about, something the worry of which is keeping to nimself, some phase of it which we don't know about, something the worry of which is keeping to nimself, some phase of it which we don't know about, something the worry of which is keeping to nimself, some phase of it which we don't know about, something the worry of which is keeping to nimself, some phase of it which we don't know about, something the worry of which is keeping to nimself, some phase of it which we don't know about, something the worry of which is keeping to nimself, something the worry of which is keeping to nimself, something the world with the world wit but suppose after all he should become ill and perhaps die, if she were allowed to see him! However, on top of these rather timid thoughts of mine, came the firm conviction that Lillian would never, under any circumstances risk anything that would be harmful to the strictly up to you and Mother Nature, of course, with one possibility excepted. Our job is done, and if you will permit a little bragging, done well. You know they would never allow me to be presents anything that would be harmful to the strictly up to you and Mother Nature, of course, with one possibility excepted. Our job is done, and if you will permit a little bragging, done well. You know they would never allow me to be present when they dressed his wounds."

The Surgeon's Verdict.

"Of course not." returned Lillian com-

UNIFORM LESSON FOR

UNIFOR

adjusted the covers over him. He had gone to sleep contentedly during her cuddling, and I know she would have enjoyed holding the tiny, soft body close to her for a much longer time. But there was more important work confronting her. "Why—why!" I stammered. "Of course, Dicky's worrying because he isn't getting strong faster. I think he

him on very much longer," she finished musingly, then sprang to her feet at the little cry I couldn't repress.

"Forgive me, Madge," she said contritely. "I didn't mean to frighten you, but, of course, you know that as well as I do. But I shouldn't have spoken about it so abruptly."

"It is you of whom I should ask forgiveness," I said a bit hoarsely, "for being such a baby. But please don't try to shield me any longer. If there is anything I can do to help Dicky, tell me. I am quite strong again, and you must let me help."

She shot a keen glance at me.

Advertiser Patterns



By Genevieve Kemble

TUESDAY, OCT. 22.

A very lively, interesting and pleasant day is indicated by some exciting if contradictory planetary figures. The dangerous points, putting in jeopardy a long train of splendid influences, come from the turbulent and reckless Mars, in a flery sign, manifesting in hot and sharp words reask deeds and host great and size.

A Neat Apron Dress to be Slipped Over the Head, or Closed at the Gack.

2526—Striped percale, with trimming of white linene, is here shown. This style is also nice for gingham, jean, chambray, lawn, sateen or aipaca. It is cut in kimono style, and low at the throat, where it may be finished with or without a collar, in sailor style. Generous pockets are added at the front and the short,loose sleeve s comfortable. The fullness at the waist may be free, or held in place by a celt. The pattern is cut in four sizes: Small, 32-34; medium, 36-38; large, 40-42; extra large, 44-46 inches bust measure. It requires distributed by the pattern is cut in four sizes: Small, 32-34; medium, 36-38; large, 40-42; extra large, 44-46 inches bust measure. It requires distributed by the pattern is cut in four sizes: Small, 32-34; medium, 36-38; large, 40-42; extra large, 44-46 inches bust measure. It requires distributed by the pattern is cut in four sizes: Small, 32-34; medium, 36-38; large, 40-42; extra large, 44-46 inches bust measure. It requires distributed by the pattern is cut in four sizes: Small, 32-34; medium, 36-38; large, 40-42; extra large, 44-46 inches bust measure. It requires distributed by the pattern is cut in four sizes: Small, 32-34; medium, 36-38; large, 40-42; extra large, 44-46 inches bust measure. A pattern of this illustration mailed

to any address on receipts of 10 cents in silver or stamps. Please send above-mentioned pattern as per directions given below:

Name

with the Moon brings good suddenly and unexpectedly, possibly through un-convential or peculiar ways, through premonition, dream or mediumship. Province ..

careful in money matters, and should not be discouraged by small annoy-ances. A child born on this day will Age (if child's or misses' pattern).....

Caution: Be careful to inclose the above illustration, and send size of patern wanted. When the patten is bust measure, you need only mark 33, 34, or whatever it may be. When in waist measure, 22, 24, 25, or whatever it may be if a skirt, give waist, and length measure. When misses' or child's pattern write only the flyure representation. pattern, write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from the date of application.

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At\$1.50 and \$2.00

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WRAPPERETTE KIMONO CLOTHS, in color combinations of tans, navy, cadet, rose, mauves, pinks, greys, greens, reds, lavender and pale blue. Prices, per yard 20c, 25c, 30c, 35c and 40c

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GREY FLANNEL, good values. At, per NAVY FLANNEE, 34 inches....\$1.00 yard

SWANSDOWN BATH ROBE MATERIALS, , RED FLANNEL, 34 inches......75c yard WHITE FLANNEL. Per yard 60c, 75c, 90c, \$1.00 and \$1.10 STRIPED FLANNEL SHIRTINGS, 34 inches. Price, per yard39c CANTON FLANNEL. Prices, per yard20c, 25c, 28c, 30c, 35c and 39c BATH ROBE BLANKETS, pretty color combinations. Prices, each\$3.95, \$5.50, \$5.95, \$6.50 and \$7.50

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Gray's

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for a few words regarding the manifold things we have to be thankful for this year that many of us fail to comprehend as blessings. What I allude to is what we are getting out of this terrible war. Yes, I know there are many who cannot see anything about war to be thankful for. Well, let me remind you of different things we are

Jimmy Coon and His Friends

NS OF A WIFE

Idea About Dicky's Trouble?

Type of Leader Cannot

Be Found.

Our needs are many. We have all

it which we don't know about,

who while some thing we have the proper or any affection of the vital organs?

The setting and proper or years. The setting and you don't tike to swim very well,

the special of the property of the street, as the property of the st

have you seen the new visitor in the Great Forest?"

"Why, no," answered Father Beaver. "Why, no," answered Father Beaver. "Who! is it, and what does he look like?"

"Well, he looks like an enemy, which he is, but he's the most beautiful creature I've seen in all my born days."

"But tell me, Ned, is he around anywhere near Mirror Pond? For I must know at once to save my dear family. And you must tell me who he is, and how he hunts, so that we may all watch out."

And Ned Chipmunk said in a whisper, for he knew that the sly foe might be so near at that very moment, that he might pounce upon them: "Father Beaver, the new visitor is a big and wonderful Silver Fox, and he's the most handsome creature that ever ran in the Great Forest, but he's awfully sly and quick, and he's very fond of Beaver meat, so watch out."

Tomorrow—The Silver Fox Causes
Excitement.

Tomorrow to take underful liessing fo nation or country to have it as pec with it so true as to acquire this tra Look at the clerks and bankers, artis and lawyers, authors and brokers, a so on, who are today working as labo ers, diggring ditches or currying mule as the case may be. Do they want to do it? Assuredly not because they like it; but nevertheless, every blessed on of them is smiling all the while. When there careers where they left off, they will be nobler both spiritually and personally. And forget you not that many of the rest of us are also undergoing the same course of discipline, which in itself is the very heart of a nation.

The unity of mankind never was so great as it is today. Rich and poor, we are all working together. Take a glance at the marching soldier lads, and you see perchance the boy who a year ago was only a ten-a-week clerk is today captain or majory, while his millionalize employer is a plain private. We see black and white, red and yellow men all together, and it matters not the race, they would die for one another. Surely a blessing to have men's hearts blended together, and it matters not the race, they would die for one ano

Patriotic Western Ontario

Address All News For This Column to the Editor of the Women's Page. PORT DOVER W. 1 .- At the Septem- | several of them have volunteered their

Owing to a scarcity of eggs, or some misunderstanding, not enough were donated to fill a crate. The committee are holding the shipment open until Tuesday, October 22, hoping to secure the desired number. If members unable to secure eggs, but willing to help, will pay 12c or 24c to the treasurer, or to Mrs. Bell before that date, the com-mittee have arranged to purchase the eggs. Donations of eggs to be left at the home of Mrs. Bell.

irs. Duck and her family were swim-ming about in the flashing waters.

WALKERTON VOLUNTEER NURSES Wherever the flu epidemic lights it seems to strike everybody in the house-This makes it difficult for patients to be waited on. It is, of course, impossible to get nurses. There are few if any cases of real Spanish flu in Walkteron yet our local V. A. D.'s are ready for emergencies. These young ladies have recently completed a course in home nursing, first aid, etc., and

ber meeting of the Woman's Institute a resolution was passed that each member be asked to bring six fresh eggs to the October meeting, these to be shipped to a hospital for returned soldiers.

Several of them have volunteered to to at if the situation becomes serious.

Mrs. W. M. Shaw, president of the V. A. D., and Miss Florence Rowland meet the flu situation.

CYNTHIA GREY'S MAIL-BOX

Thankful Thoughts.

Dear Miss Grey,—Lest auld acquaintance be forgotten perhaps I had best
drop in for a few minutes' chat today.

us who honestly hated to go to church. Isn't it true? Today these same people are most devoted towards their Master. This war has caused them to stop and think of the hereafter. Situation becomes serious.

Mrs. W. M. Shaw, president of the V. A. D., and Miss Florence Rowland walted upon the town council and enlisted the support and co-operation of the town fathers in a scheme to help meet the fluctuation. errible persecution of our Saviour and s much. Well, I must be going, or I will be The scheme includes the opening of a diet kitchen in the tea room premises where with the assistance of the tea where with the assistance of the tear room girls, soups, junket and other dishes used in the sick room, will be made up. The V. A. D.'s are to receive 25 cents an hour for their services, and in the case of indigent citizens the bill will be paid by the town. The town's part in the scheme is embodied in the following motion passed by the court.

infection purposes.

so some of the readers really missed my letters from the Mail-Box. Thanks, man bullets in France. We must take friends, for the compliment, but please all the precautions possible and hope be careful. I'm liable to get a swelled and pray for its speedy ending. head if you keep on, and really wouldn't want that to happen. No, no for anything; for you see, I've just go myself a new hat, and being as it similar to most girls shoes—just a triff small to be comfortable—you see ho unpleasant a swelled head would be for me! Those of you whom the "sh for me! Those of you whom the "shoe fits." put it on: the rest best get a size larger, eh? Ha, ha, Speaking of hats—well, if my memory serves me rightly, I nearly got in very wrong on my last reference to styles of your hats. So safety first for O. L. this time. I refuse to be interviewed on the subject. Friends, this being Thanksgiving Day.

bodied in the following motion passed by the council:

Moved by Mr. Lettner, seconded by Mr. George, that the council make a grant of \$30 to Mrs. Shaw as president of the V. A. D. nurses to assist in nursing and diet kitchen, and the nursing indigent patients to be paid by the doctor, and the doctor, and the doctor's account to be handed in to the council by 30 days after the patient is out, and that the mayor and reeve be a committee to get a suitable room for the nurses for disline to the council by 30 days after the patient is out, and that the mayor and reeve be a committee to get a suitable room for the nurses for disline to the council by 30 days after the paint off her "home decorations," so I thought I might be of some help if to some help if the with with soal and leave on for a while, then scrape off; if the paint is not all off, repeat, then wash with soap and water till clean. We tried it when everything else failed. Hope "Bostonian" will have the same luck. You can print this, as it may be of some help if people would like old paint off any article or wood-linection purposes. work.
Isn't this Spanish influenza awful? I live only six miles from Kitchener, where there are so many friends and

Remember, friends, that out of the

where there are so many friends and relatives have it, and so many deaths have taken place. It makes a person feel pretty downhearted, but hope God will soon help to make it come to an end. I will sign myself,

A PETERSBURG READER.

Ans.—This will doubtless be just the help "Bostonian" needed, and it is a simple method, too. Yes, the "flu" is working about as sad havoc as the German bullets in France. We must take all the precautions possible and hope

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