

WHEN A SOLDIER IS DISABLED

It is not always from wounds. A great many men are disabled through foot trouble. Even the bravest man cannot "carry on" if he is suffering from sore feet. Hence the necessity for Zam-Buk to keep the soldiers' feet in good condition.

A military authority in "The War Office Times" says: "If every man in the service were supplied with a tin of Zam-Buk it would, in my opinion, greatly add to the efficiency of the army."

For blisters, cuts, scratches, burns and sores of all kinds Zam-Buk is unequalled. All dealers sell boxes.

Zam-Buk

Good Night Stories

By *Blanche Sibers*

Illustrated by Gruella

GREY HORSE AND GRUNTY PIG.

"It's a lovely life you lead," neighed Grey Horse to his friend, Grunty Pig. "Just lying around and sleeping all day."

"Why, I was just thinking how nice it must be to be a horse!" exclaimed Grunty Pig. "You get about to see some of the world, while I remain here at home."

"I'll gladly change places with you," sighed Grey Horse.

"All right," snorted Grunty Pig, and the two friends exchanged coats and shoes. Grunty Pig put on Grey Horse's grey coat and long shaggy leggings and shoes and ran into the stall, while Grey Horse donned Grunty Pig's clothes and scampered out into the pen.

"Now, I'm sure I'll be happy," snorted Grunty Pig. "For I'll get about to see something better than the tails of a pig pen."

"And I'll have a chance to sleep and play as I've always wanted to do," neighed Grey Horse.

But Bossy Cow shook her head and mooed sadly.

All the next morning Grunty Pig in Grey Horse's clothes plowed up the field. Whenever he lagged in his work the end of a whip snapped his back and made it smart. After the plowing was finished he was hitched to a wagon and had to pull a heavy load into town.

By noon Grunty Pig was so tired that he didn't enjoy seeing the world at all, and when at last he reached home again he was given a handful of straw, three ears of corn and a bucket of water, and he was too tired to eat.

His feet hurt him, and he missed the soft mud to bury them in like he'd always done when he was a horse. He wanted to lie down, but the stall was too small. Grunty Pig had almost lost heart when something pushed against him.

There at his feet stood Grey Horse in his pig coat looking up at Grunty Pig.

"Here, Grunty Pig!" exclaimed Grey Horse. "You may take back your pig coat. I wouldn't be a pig for the world. It's too hard a life for me."

Grunty Pig was so afraid, Grey Horse might change his mind before he could change places that he ran out of the barn and buried himself in the mud with a weary sigh.

"You can have your stall, your clothes and all," he snorted. "I wouldn't be a horse for anything."

"Most sensible thing you could do," mooed old Bossy Cow, who had watched the whole affair with interest. "No matter what your lot may be in life, it's far better to stand in your shoes than to try to wear those of your neighbors."

"I never knew one could get so tired of doing nothing!" neighed Grey Horse. "Why, I'd sooner work twice as hard as I ever did than to lie around eating and sleeping all day long."

Both Grey Horse and Grunty Pig were so glad to get back into their proper places that no one ever heard them complain again.

While peasants were recently digging in the village of Trazdor, in the Ressen Valley, in the Caucasus, coal was found 16 feet from the surface. The vein, however, was but 2.25 feet in thickness. Enough coal has already been found in this locality to supply the entire neighborhood.

"Mother!"

we're SO hot!

GIVE US SOME MONTSEERRAT

LIME FRUIT JUICE

It's just fine for kiddies—quenches the thirst and satisfies the childish craving for something cold to drink—without upsetting the stomach or affecting the digestion. Ice water is dangerous for children.

No fuss or trouble, as with lemons. One to two tablespoofuls of MONTSEERRAT in a glass of cold water, sweetened, and the children's cooling, refreshing drink is ready. MONTSEERRAT is the juice of the tree-ripened limes that grow on the island of Montserrat in the West Indies.

Keep a bottle of MONTSEERRAT always in the house this summer for your own pleasure—for the children.

DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

Why Science Says Your "Brain" Isn't Your "Mind"

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



DR. HIRSHBERG

They are mistaken in the theory that the intellect abides "in the nervous system" or brain.

Repetitively upon reprint, reprint upon reprint, publication after publication has made this untruth appear as "true and certain," yet it is not so.

Juvenal, however, was correct when he first used "the overworked, worn-out, silly, stupid, and stupid" to describe the intellect. This means that each element and unit of the human structure partakes in the personality, the cosmos, the individuality which is you, your intellect, your thought, your feeling, your will, you will depart from theory and convey facts.

Brain Transmits Orders.

The "cells" and "centres" of the big and little brain do not "cause the muscles to act," as one of the newest physiologists says. They merely carry and assemble faster than lightning in a regular and orderly manner messages from the common senses groups of muscles to act quickly and exactly for proper behavior.

It is the psychological moment, when the researcher of such investigations as White, France, Watson, Jennings, Lashley and a host of others, which show that a white corpuscle has as much mind as a brain cell, be inserted in physiology and taught students. Muscles, fibres, rods and cones of the retina, the senses in general are as much "the seat of thought" as the brain and nerves.

Entire Body "Thinks."

The mind acts mostly by way of the muscles and other senses. It does not act by "the brain thinking," as you are often solemnly told by medical pundits. Each part of the corporate lines of man plays a role in thought and has its mental work cut out for it.

The alleged and idealized "brain centres" do not "send out orders for muscle movements," they merely assemble the messages and sort them together there for a quick shift through the nervous lines of communication.

While it is true that habits of thought and action are recorded, stamped and lie in various areas of the brain, they are also and equally well impressed as memories and knowledge in the rest of the flesh and blood especially concerned.

When you look over a mental message, an experience or a bit of behavior you can compare them, the one with the other, rearrange them and then test them in reality by standards of the physical world. This thought is removed from the realm of nonsense, fancy and wishes.

Yet the work of thinking is not done only "by the nerve cells which lie just behind the forehead," as has been stated. They are as much "at your fingers' ends" and "in your common sense" as behind your forehead.

Answers to Health Questions

A READER, London, Ont.: Q.—How can I gain weight?

A.—How can I free myself from warts?

A.—What can be done to overcome dreaming every night?

A.—Four weight may be increased by ten to twelve hours' sleep in the 24, and in a well-ventilated room. Water or liquids of any kind drunk with meals help to make fat. Sugars, starches, butter, mastic, fatty meats, rich soups and gravies are fattening. Eat but slight exercise. Be outdoors as much as possible, and sleep the hours open.

A skillful physician should be allowed to take out these epidermal growths, in a professional, not an amateurish, way. Of course, some warts are so

severe pain on my right side, close to the hip bone. It does not interfere with any exercise when sitting or standing. Please tell me what is the cause and cure.

A.—What causes mucous discharge?

A.—I have had dreams every night.

A.—Adhesions are better. Massage and electricity are likely than medicines.

A.—No, it has not.

A.—Inflammatory conditions or irritations cause this.

A.—Some irritation or physical disorder causes this.

Why Science Says Your "Brain" Isn't Your "Mind"

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

In ancient ages, learned men were wont to oppose "mind" and "body." They lacerated the flesh, flayed the nerves, and tried to find the seat of the intellect. Nowadays men have gone to the other extreme and now are in opposite fashion.

They are mistaken in the theory that the intellect abides "in the nervous system" or brain.

Repetitively upon reprint, reprint upon reprint, publication after publication has made this untruth appear as "true and certain," yet it is not so.

Juvenal, however, was correct when he first used "the overworked, worn-out, silly, stupid, and stupid" to describe the intellect. This means that each element and unit of the human structure partakes in the personality, the cosmos, the individuality which is you, your intellect, your thought, your feeling, your will, you will depart from theory and convey facts.

Brain Transmits Orders.

The "cells" and "centres" of the big and little brain do not "cause the muscles to act," as one of the newest physiologists says. They merely carry and assemble faster than lightning in a regular and orderly manner messages from the common senses groups of muscles to act quickly and exactly for proper behavior.

It is the psychological moment, when the researcher of such investigations as White, France, Watson, Jennings, Lashley and a host of others, which show that a white corpuscle has as much mind as a brain cell, be inserted in physiology and taught students. Muscles, fibres, rods and cones of the retina, the senses in general are as much "the seat of thought" as the brain and nerves.

Entire Body "Thinks."

The mind acts mostly by way of the muscles and other senses. It does not act by "the brain thinking," as you are often solemnly told by medical pundits. Each part of the corporate lines of man plays a role in thought and has its mental work cut out for it.

The alleged and idealized "brain centres" do not "send out orders for muscle movements," they merely assemble the messages and sort them together there for a quick shift through the nervous lines of communication.

While it is true that habits of thought and action are recorded, stamped and lie in various areas of the brain, they are also and equally well impressed as memories and knowledge in the rest of the flesh and blood especially concerned.

When you look over a mental message, an experience or a bit of behavior you can compare them, the one with the other, rearrange them and then test them in reality by standards of the physical world. This thought is removed from the realm of nonsense, fancy and wishes.

Yet the work of thinking is not done only "by the nerve cells which lie just behind the forehead," as has been stated. They are as much "at your fingers' ends" and "in your common sense" as behind your forehead.

Answers to Health Questions

A READER, London, Ont.: Q.—How can I gain weight?

A.—How can I free myself from warts?

A.—What can be done to overcome dreaming every night?

A.—Four weight may be increased by ten to twelve hours' sleep in the 24, and in a well-ventilated room. Water or liquids of any kind drunk with meals help to make fat. Sugars, starches, butter, mastic, fatty meats, rich soups and gravies are fattening. Eat but slight exercise. Be outdoors as much as possible, and sleep the hours open.

A skillful physician should be allowed to take out these epidermal growths, in a professional, not an amateurish, way. Of course, some warts are so

severe pain on my right side, close to the hip bone. It does not interfere with any exercise when sitting or standing. Please tell me what is the cause and cure.

A.—What causes mucous discharge?

A.—I have had dreams every night.

A.—Adhesions are better. Massage and electricity are likely than medicines.

A.—No, it has not.

A.—Inflammatory conditions or irritations cause this.

A.—Some irritation or physical disorder causes this.

A.—No, it has not.

A.—Inflammatory conditions or irritations cause this.

Why Science Says Your "Brain" Isn't Your "Mind"

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

In ancient ages, learned men were wont to oppose "mind" and "body." They lacerated the flesh, flayed the nerves, and tried to find the seat of the intellect. Nowadays men have gone to the other extreme and now are in opposite fashion.

They are mistaken in the theory that the intellect abides "in the nervous system" or brain.

Repetitively upon reprint, reprint upon reprint, publication after publication has made this untruth appear as "true and certain," yet it is not so.

Juvenal, however, was correct when he first used "the overworked, worn-out, silly, stupid, and stupid" to describe the intellect. This means that each element and unit of the human structure partakes in the personality, the cosmos, the individuality which is you, your intellect, your thought, your feeling, your will, you will depart from theory and convey facts.

Brain Transmits Orders.

The "cells" and "centres" of the big and little brain do not "cause the muscles to act," as one of the newest physiologists says. They merely carry and assemble faster than lightning in a regular and orderly manner messages from the common senses groups of muscles to act quickly and exactly for proper behavior.

It is the psychological moment, when the researcher of such investigations as White, France, Watson, Jennings, Lashley and a host of others, which show that a white corpuscle has as much mind as a brain cell, be inserted in physiology and taught students. Muscles, fibres, rods and cones of the retina, the senses in general are as much "the seat of thought" as the brain and nerves.

Entire Body "Thinks."

The mind acts mostly by way of the muscles and other senses. It does not act by "the brain thinking," as you are often solemnly told by medical pundits. Each part of the corporate lines of man plays a role in thought and has its mental work cut out for it.

The alleged and idealized "brain centres" do not "send out orders for muscle movements," they merely assemble the messages and sort them together there for a quick shift through the nervous lines of communication.

While it is true that habits of thought and action are recorded, stamped and lie in various areas of the brain, they are also and equally well impressed as memories and knowledge in the rest of the flesh and blood especially concerned.

When you look over a mental message, an experience or a bit of behavior you can compare them, the one with the other, rearrange them and then test them in reality by standards of the physical world. This thought is removed from the realm of nonsense, fancy and wishes.

Yet the work of thinking is not done only "by the nerve cells which lie just behind the forehead," as has been stated. They are as much "at your fingers' ends" and "in your common sense" as behind your forehead.

Answers to Health Questions

A READER, London, Ont.: Q.—How can I gain weight?

A.—How can I free myself from warts?

A.—What can be done to overcome dreaming every night?

A.—Four weight may be increased by ten to twelve hours' sleep in the 24, and in a well-ventilated room. Water or liquids of any kind drunk with meals help to make fat. Sugars, starches, butter, mastic, fatty meats, rich soups and gravies are fattening. Eat but slight exercise. Be outdoors as much as possible, and sleep the hours open.

A skillful physician should be allowed to take out these epidermal growths, in a professional, not an amateurish, way. Of course, some warts are so

severe pain on my right side, close to the hip bone. It does not interfere with any exercise when sitting or standing. Please tell me what is the cause and cure.

A.—What causes mucous discharge?

A.—I have had dreams every night.

A.—Adhesions are better. Massage and electricity are likely than medicines.

A.—No, it has not.

A.—Inflammatory conditions or irritations cause this.

A.—Some irritation or physical disorder causes this.

A.—No, it has not.

A.—Inflammatory conditions or irritations cause this.

Why Science Says Your "Brain" Isn't Your "Mind"

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

In ancient ages, learned men were wont to oppose "mind" and "body." They lacerated the flesh, flayed the nerves, and tried to find the seat of the intellect. Nowadays men have gone to the other extreme and now are in opposite fashion.

They are mistaken in the theory that the intellect abides "in the nervous system" or brain.

Repetitively upon reprint, reprint upon reprint, publication after publication has made this untruth appear as "true and certain," yet it is not so.

Juvenal, however, was correct when he first used "the overworked, worn-out, silly, stupid, and stupid" to describe the intellect. This means that each element and unit of the human structure partakes in the personality, the cosmos, the individuality which is you, your intellect, your thought, your feeling, your will, you will depart from theory and convey facts.

Brain Transmits Orders.

The "cells" and "centres" of the big and little brain do not "cause the muscles to act," as one of the newest physiologists says. They merely carry and assemble faster than lightning in a regular and orderly manner messages from the common senses groups of muscles to act quickly and exactly for proper behavior.

It is the psychological moment, when the researcher of such investigations as White, France, Watson, Jennings, Lashley and a host of others, which show that a white corpuscle has as much mind as a brain cell, be inserted in physiology and taught students. Muscles, fibres, rods and cones of the retina, the senses in general are as much "the seat of thought" as the brain and nerves.

Entire Body "Thinks."

The mind acts mostly by way of the muscles and other senses. It does not act by "the brain thinking," as you are often solemnly told by medical pundits. Each part of the corporate lines of man plays a role in thought and has its mental work cut out for it.

The alleged and idealized "brain centres" do not "send out orders for muscle movements," they merely assemble the messages and sort them together there for a quick shift through the nervous lines of communication.

While it is true that habits of thought and action are recorded, stamped and lie in various areas of the brain, they are also and equally well impressed as memories and knowledge in the rest of the flesh and blood especially concerned.

When you look over a mental message, an experience or a bit of behavior you can compare them, the one with the other, rearrange them and then test them in reality by standards of the physical world. This thought is removed from the realm of nonsense, fancy and wishes.

Yet the work of thinking is not done only "by the nerve cells which lie just behind the forehead," as has been stated. They are as much "at your fingers' ends" and "in your common sense" as behind your forehead.

Answers to Health Questions

A READER, London, Ont.: Q.—How can I gain weight?

A.—How can I free myself from warts?

A.—What can be done to overcome dreaming every night?

A.—Four weight may be increased by ten to twelve hours' sleep in the 24, and in a well-ventilated room. Water or liquids of any kind drunk with meals help to make fat. Sugars, starches, butter, mastic, fatty meats, rich soups and gravies are fattening. Eat but slight exercise. Be outdoors as much as possible, and sleep the hours open.

A skillful physician should be allowed to take out these epidermal growths, in a professional, not an amateurish, way. Of course, some warts are so

severe pain on my right side, close to the hip bone. It does not interfere with any exercise when sitting or standing. Please tell me what is the cause and cure.

A.—What causes mucous discharge?

A.—I have had dreams every night.

A.—Adhesions are better. Massage and electricity are likely than medicines.

A.—No, it has not.

A.—Inflammatory conditions or irritations cause this.

A.—Some irritation or physical disorder causes this.

A.—No, it has not.

A.—Inflammatory conditions or irritations cause this.

Cut this out!

What Nuxated Iron is Made From

Sovereign Statement of Composition of Its Formula

It increases the strength and endurance of delicate, nervous, run-down folks in two weeks' time in many instances.

The Board of Directors have authorized the broadest publication of the sworn statement of the composition of Nuxated Iron, one of the most widely used tonic, strength and blood builders in the world, so that the public may examine it for themselves and judge as to its merit in many instances.

It is conservatively estimated that this remarkable formula is now being used by over 3,000,000 people annually in America alone. Among those who have used and strongly endorse it are many physicians and chemists connected with well-known hospitals, former United States Senators, Vice-presidential Nominee Charles A. Towne, former members of Congress; distinguished U. S. Army Generals (Retired), Judge Atkinson of the United States Court of Claims at Washington and former Health Commissioner of Chicago.

N e w s

Everywhere a re invited to copy and send to their readers. It is suggested that physicians make a record of it and keep it in their files so that they may intelligently answer questions of patients.

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, and former House Surgeon at Jefferson Park Hospital, Chicago, says: "I have given Nuxated Iron to a large number of patients and have found it to be a most valuable tonic. It has increased the strength and endurance of delicate, nervous, run-down folks in two weeks' time."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, and former House Surgeon at Jefferson Park Hospital, Chicago, says:

"I have given Nuxated Iron to a large number of patients and have found it to be a most valuable tonic. It has increased the strength and endurance of delicate, nervous, run-down folks in two weeks' time."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, and former House Surgeon at Jefferson Park Hospital, Chicago, says:

"I have given Nuxated Iron to a large number of patients and have found it to be a most valuable tonic. It has increased the strength and endurance of delicate, nervous, run-down folks in two weeks' time."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, and former House Surgeon at Jefferson Park Hospital, Chicago, says:

"I have given Nuxated Iron to a large number of patients and have found it to be a most valuable tonic. It has increased the strength and endurance of delicate, nervous, run-down folks in two weeks' time."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, and former House Surgeon at Jefferson Park Hospital, Chicago, says:

"I have given Nuxated Iron to a large number of patients and have found it to be a most valuable tonic. It has increased the strength and endurance of delicate, nervous, run-down folks in two weeks' time."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, and former House Surgeon at Jefferson Park Hospital, Chicago, says:

"I have given Nuxated Iron to a large number of patients and have found it to be a most valuable tonic. It has increased the strength and endurance of delicate, nervous, run-down folks in two weeks' time."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, and former House Surgeon at Jefferson Park Hospital, Chicago, says:

"I have given Nuxated Iron to a large number of patients and have found it to be a most valuable tonic. It has increased the strength and endurance of delicate, nervous, run-down folks in two weeks' time."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, and former House Surgeon at Jefferson Park Hospital, Chicago, says:

"I have given Nuxated Iron to a large number of patients and have found it to be a most valuable tonic. It has increased the strength and endurance of delicate, nervous, run-down folks in two weeks' time."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, and former House Surgeon at Jefferson Park Hospital, Chicago, says:

"I have given Nuxated Iron to a large number of patients and have found it to be a most valuable tonic. It has increased the strength and endurance of delicate, nervous, run-down folks in two weeks' time."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, and former House Surgeon at Jefferson Park Hospital, Chicago, says:

"I have given Nuxated Iron to a large number of patients and have found it to be a most valuable tonic.