

DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

What You Can Do to Make Your Memory Dependable

By DR. LEONARD KEENE HIRSHBERG,
A. B., M. A., M. D., (Jo has Hopkins University.)

A definition which fits many untrained minds can be found in the dictionary. The little child gave when asked what memory is. She promptly replied, "It's what you forget with." It is possible, however, for the ordinary person to train the mind so that it will remember with extraordinary exactness.

Many edited systems of memory training have proved valueless, as a rule, because of their unreasonableness and artificial training, and because they demanded greater mental capacity than the average. You can easily gain the habit of remembering accurately by associating with the method and stick to it persistently and patiently.

The reason a husband invariably forgets to mail his wife's letters is because of the fact that he does not concentrate his mind on the matter, especially when the missive is given him. Things that are remembered by the average person are those which make a deep impression, and this impression can be deepened by associating with the new thought something that is already very familiar and in some way related to it.

Laws of Association.
If, when a wife gives her husband a letter to post, he would say to himself, "I will mail this at the corner where the first letter-box I come to is stationed," then the very sight of the mail-box when he reached it would recall his errand.

The same rule that applies to the letter is true of more important matters. The idea is to deepen the impression on your mind at the very moment that it enters. This is made possible, not only by concentrating the mind upon the idea itself, but by surrounding it with all possible associations of ideas, so that one will help the other.

The mind is governed by certain recalled laws of association, such as the law that ideas which enter the mind at the same time enter at the same time, one helping to recall the other.

The difficulty with people who seldom think that they can never remember anything two minutes after they have

not concentrated their minds sufficiently on the purpose at the moment when it was formed.

Secret is Concentration.
It is possible for every person to train the mind to remember by the concentration of attention, the planning of the purpose, and the actual centering of the mind on what is intended. When the habit is well formed the attention is more easily centered, and you soon find that you remember easily. Then your memory is not what you forget with, but a valuable assistant in your every-day work.

When you first begin the method of concentration and association you may have to hesitate a few moments to find a proper association with your idea, but as time goes on and you follow the plan day in and day out the association will pop into the mind as readily as the original idea, and you will hardly realize you have been searching for it.

Answers to Health Questions

E. R. Q.—Kindly advise what to do for catarrh.

A.—A catarrh can be operated upon when it is fully ripe.

F. H. Q.—Kindly advise what to do for my nose, which is sunk in the middle.

A.—Go to the nearest hospital and have an examination made of your nose.

C. D. Q.—Kindly advise me what to do to stop a person from biting his finger nails.

A.—Put some bitter alum on the nails at night.

T. P. Q.—Kindly advise what to do to increase my height.

A.—Take plenty of exercise, such as swimming, horseback riding, stretching, etc.

MRS. A. B. AND D. A.—If you will send a stamped, self-addressed envelope with your question repeated I will be glad to answer your questions.

MRS. W. C. M. Q.—Please advise what to do for gleet.

A.—There are various kinds of gleet. Some require no treatment, but most of them require an operation, which is the only cure. They are seldom inherited and their cause is not known.

C. S. Q.—Kindly advise what to do for a pain in my knees.

A.—Very likely there is a slightly torn tendon in the joint which requires a slight operation by an orthopedic surgeon.

LILLIAN R. Q.—Kindly advise what to use for dandruff.

A.—Apply a little of the following to your hair about three times a week.

Sulphur 1 dram
Resorcin 10 grains
Salicylic acid 10 grains
Sulphate of quinine 10 grains
Petrolatum 1 ounce

G. M. C. A.—If you will send me a stamped, self-addressed envelope with your query repeated I will be glad to answer your questions.

G. C. U. Q.—Please advise how to gain weight.

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

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest, he will be glad to answer questions if a stamped and addressed envelope is enclosed. Address ALL INQUIRIES to Dr. L. K. Hirschberg, in care of this office.

MY SOLDIER HUSBAND
ADELE GARRISON'S CONTINUATION OF
REVELATIONS OF A WIFE

Why Lillian Found It Necessary To Tell Madge What She Believed About the E. Stern Checks.

"Take this pencil," Lillian said curtly, as she looked up from Dicky's cancelled checks which she had been rifling through her fingers. "Please put down names and dates as I give them to you."

She handed me the pencil and her tiny notebook, open at a vacant page, and for the next few moments read rapidly and steadily the indorsements on those of Dicky's cancelled checks which bore the name of "E. Stern."

"No use bothering with the others," she said before commencing the category. "It's in these the key to the whole business lies."

Her voice departed from its steady dog trot only once.

"Check for Jan. 14," she intoned monotonously. "Indorsed by E. Stern, then by—"

"She hesitated for a second.

"Second indorsement blurred," she muttered hurriedly as I looked up inquiringly. "But I can make it out. It is Brown, R. Brown."

"Are you sure it isn't Rita Brown?" I asked quietly.

"Yes, it is," she admitted, "but what do you know about Rita Brown?"

"Very little, I am afraid," I admitted. "My remark was the most random of shots. But I had the name of Rita Brown very vividly impressed upon my mind on one occasion, and so, when you—"

"When I tried to cover up my own recognition of it your memory naturally filled the gap," she commented grimly. "Now, if you'll just oblige me with all your knowledge, no matter how slight, of Rita Brown."

I told her, briefly, of the evening when the art student characterized by Dicky as "a former East Side product," who would some time make her thousands as an illustrator, had accompanied the Fairfax girls to the same restaurant at which the Durkees, Dicky and I had been dining. And, with checks that burned again at the memory of the humiliating episode, I related the history of the expensive blue hat Dicky had bought for me, and which Rita Brown had imitated so wonderfully that if it hadn't been for Mrs. Dicky's perspicacity, we should have thought it the original.

"And This Check—"

"Now, I am not sure, Lillian, but I have always had the impression that she used to spend a great deal of her time in Dicky's studio. I imagined also that it was she who once called me up to give me a rather unpleasant message from Dicky."

"Unfortunately, your imagination was no doubt working correctly," Lillian returned gravely. "I had hoped you would never hear anything of this particular phase of Dicky's foolishness, but I see it can't be helped. If you'll just finish these checks now and give me a few minutes with this manuscript, we'll tumble all these things back again, look up and get back to your room, where I'll clear things up for you as well as I can."

I waited with a calmness that was only outward. Inwardly I was seething with impatience to know the things so

Good Night Stories

By Adelaide Schmitt

TOMMY AND THE TRAMP DOG.

One day as Tommy was on his way to school he spied a poor dog crouching in the fence corner.

"Get out of here!" cried Tommy. Picking up a stone, he was about to throw it, when something caught his hand and held it tightly.

"I don't believe I'd throw the stone," said a merry voice, and Tommy turned to see Squeedee, his little elfin friend from Jopland, smiling at him. "He isn't harming you, is he?"

"It's not my dog!" exclaimed Tommy. "It's been hanging around here for a long time. Guess he's a tramp from the looks of his dirty coat."

"Then all the more reason you should be kind to him," said Squeedee. "Perhaps he belongs to some other little boy and he's lost. You wouldn't want other little boys throwing stones at your doggie, would you?"

"But he don't belong to any of the boys," replied Tommy. "The boys all the cans to his tail to see him run. He can certainly go fast."

"Guess your dog would run fast if the boys mistreated him, too," laughed Squeedee.

"I'll not let them!" exclaimed Tommy. "Nor should you let them tease this poor fellow," replied Squeedee, calling the shivering dog to his side. "He's cold and probably hungry, and you want to stone him. How would you like to be treated that way every time you asked your mamma for a slice of bread?"

Tommy looked at the poor, shivering dog and opened his box of lunch and held out a big sandwich, which the hungry creature devoured greedily and begged for more.

"Why Didn't I Think of That Before?"

Tommy fed him all his lunch and the dog licked his hand and wagged his tail until he nearly wagged it off.

"Now, if you had tied a can to his tail he couldn't thank you," laughed Squeedee. "A dog's tail is his only way of expressing his joy, love and gratitude. He's trying to thank you for the good lunch you gave him."

"Poor fellow, I'm sorry I stoned you," exclaimed Tommy, patting the shaggy head. "If I didn't have a dog of my own I'd take you home with me."

"I know," cried Squeedee with a merry twinkle in his eyes. "Old Granny Grey lives all alone with her cow and chickens. Maybe she would take him."

"Why didn't I think of that before?" laughed Tommy. "Granny's been wanting a dog for a long time. Let's take him down there. And away they ran to Granny Grey's house, the poor dog trotting at their heels."

Tommy took the dog in and asked Granny Grey if she would like to have him, and Granny Grey was so glad she gave Tommy a pocketful of cookies, which he divided with Squeedee, who waited for him at the gate.

"I'm glad he has a home!" laughed Tommy. "For I'd hate to see my doggie lost."

"Well, little fellow," said Squeedee, "you'll always stop and place your pet or yourself in the other fellow's place. You'll soon grow kinder to dumb animals. Dogs are man's best friends."

Before Tommy could blink his eyes Squeedee had disappeared.

"Squeedee's right!" laughed Tommy to himself, "and I'll tell the other boys," and, sticking his cookies in his pockets, Tommy ran on to school.

To-morrow's HOROSCOPE

By Genevieve Kambie

FRIDAY, NOVEMBER 15.

Some rather peculiar events and situations are indicated by this day's planetary figures. Neptune, the planet of the unique, eccentric, mystical and perplexing, is operating strongly in aspect with Mercury, Mars and Luna. From this the mind, as well as the emotions and sensations, will act in peculiar and erratic ways, though not necessarily with detrimental results. On the contrary, benefits may arise from these singular operations—which might be expressed through premonition, mediumship or psychic insight or through a burst of genius, inspiration or illumination. There may be much activity in business as well as in mental pursuits, though the financial prospects are not encouraging. Jupiter being unfriendly, important changes are perhaps inadvisable.

Those whose birthday it is will have an active year, but must protect and cherish their money.

A child born on this day will be peculiarly endowed and may attain celebrity through psychic gifts. It will have good abilities and advanced views, but must be taught the value of money.

It will be found less easy to uproot faults than to choke them by kaining virtues. Do not think of your faults, still less of others' faults; in every person who comes near you look for what is good and strong; honor that, rejoice in it, and, as you can, try to imitate it, and your faults will drop off like dead leaves when their time comes.

D. I. B., London, Ont. Q.—Kindly advise what to do for tuberculosis.

A.—Tuberculosis may be present without a cough. The symptoms are loss of weight, little fever or sub-normal temperature, low blood pressure, and other things apparent to a skillful diagnostician. The fever is high when it is 99 or over. This condition may be present without any germs in the sputum. An incipient case of this disease is one that can get well with sunlight, outdoor life, and sanatorium treatment.

Believe in yourself; believe in humanity; believe in the success of your undertaking. Fear nothing and no one. Love your work. Work, hope, trust. Keep in touch with today. Teach yourself to be practical and up-to-date and sensible. You cannot be good and strong; honor that, rejoice in it, and, as you can, try to imitate it, and your faults will drop off like dead leaves when their time comes.

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Anticipate Some of Those Petty Pleasures

BY USING THE MONEY NOW TO BUY THE GREATEST SATISFACTION MONEY CAN BUY—A CLEAR CONSCIENCE

Nothing can ever excuse you if you fail to use your resources to the limit to support the cause of Justice at this time.

BUY VICTORY BONDS

SPACE DONATED BY THE SALADA TEA CO.

"If ye break faith—
we shall not sleep"



Break Faith? Never.

The memory of their noble deeds is seared into our hearts, and will live in the hearts of our children, generations hence.

Let our lives, for which their lives were given, be pledged devotedly to the Cause—their Cause—of Freedom and Civilization.

We Canadians must carry on.

Before us, as a nation, as individuals, our way lies clear.

Afar off along the path that leads to Right we hear the cry of those who fell.

We will follow on.

We will finish the work they so nobly began.

BUY VICTORY BONDS

Issued by Canada's Victory Loan Committee
in co-operation with the Minister of Finance
of the Dominion of Canada

2 YEARS AGO

A rash broke out on my hands and the doctor told me it was eczema. So writes Mrs. McDonald, of Oyster Ponds, N.S. She adds: "In spite of the doctor's treatment had some appeared, which gradually spread more and more. Finding that the doctor's treatment did me no good, I turned to various so-called remedies, but I met with no relief."

"Knowing how terribly serious eczema is and how it was sometimes daily all treatment for years, I became almost discouraged. This was my state when I read about Zam-Buk and decided to give it a trial. By the time I had used one box the eczema was not so bad. The inflammation and the irritation were subsiding. Naturally I persevered with Zam-Buk, and as I did so the disease was gradually overcome. Day by day the sores got less and less and, to my delight, the disease was finally driven out entirely. It seemed almost too good to be true and I feared the eczema might break out again, so I waited several months to make sure that I was permanently cured. I am and Zam-Buk deserves all the praise."

If you are suffering with eczema, eruptions, blood-poisoning or any skin disease, don't delay, but apply

Zam-Buk

One abiding principle unaffected by the industrial hardships of this or any other war.

Every bristle gripped everlastingly in hard rubber

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Factory: Sullivan St.

TORONTO

Every bristle gripped everlastingly in