DAILY MAGAZINE PAGE FOR EVERYBODY



II. Laws of Association.

III. 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 mathematics.

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 Swimmins. horseback riding, stretching.

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.

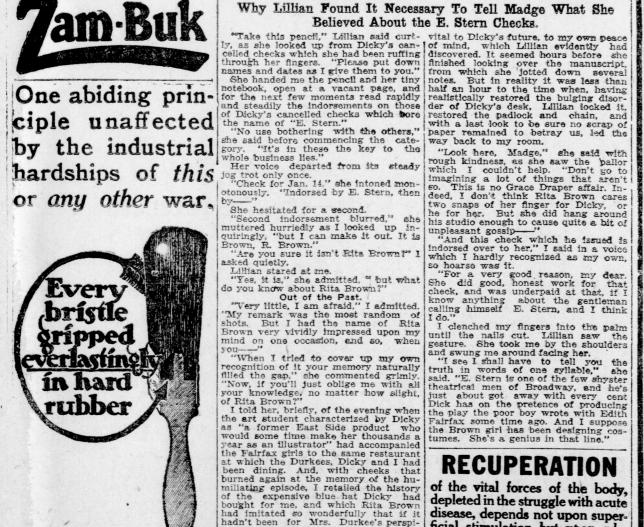
The mind is governed by certain socialed laws of association, such as the law that ideas which enter the mind at the same time emerge at the same time, one helping to recall the other.

The difficulty with persons who compain that they can never remember anything two minutes is that they have

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 bad sores 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 will sometimes defy all treatment for years, I became almost discouraged. This was my state when I read about trial. By the time I had used one box the eczema was not so bad. The inflammation and the irritation were subsiding. Naturally I reevered 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 antirely. 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

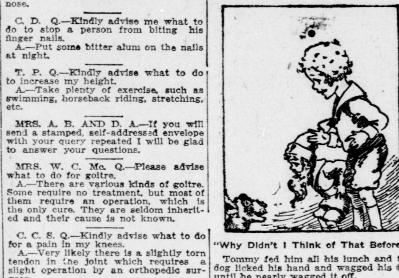
If you are suffering with eczema, symptions, blood-poisoning or any kin disease, don't delay, but apply



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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 Resorch 10 grains Salicylic acid 10 grains Sulphate of quinine 10 grains Sulphate of quinine 10 grains Petrolatum 10 unce G. M. C. A.—If you will send me 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 hours' sleep in a weil 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.

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."

"Poor fellow, I'm sorry I stoned you."

"I dadn'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 was so glad she gave Tommy a pocketful of cookies, which he divided with Squeedee, who waited for him at the gate.

"Tm glad he has a home!" laughed Tommy, "for I'd hate to see my doggle

waited for him at the gate.

"I'm glad he has a home!" laughed
Tommy, "for I'd hate to see my doggle
lost."

"Well, little fellow," said Squeedee, "If intestines open and active.

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, it a stamped and addressed envelope in inclosed. Address ALL INQUIRIES to Dr. L. K. Hirshberg, in care of this office.

Tommy, "Tor I'u had.

"Well, little fellow," said Squeedee, "If 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 cookles in his pockets, Tommy ran on to school.

> RECUPERATION of the vital forces of the body, depleted in the struggle with acute

disease, depends not upon superficial stimulation but upon adequate nourishment. The body needs to be nourished back to

tones and strengthens by hourishing the whole system—body, blood and nerves.

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strength and power.

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.

intestines open and active.

year as an illustrator" had accompanied the Fairfax girls to the same restaurant at which the Durkees, Dicky and I had been dining. And, with cheeks that burned again at the memory of the humiliating episode, I retailed 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. Durkee's perspicacity, we should have thought it the original.

"And This Check-"

"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, lock up and get back to your room, where I'll clear things up for you as well as I can."



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We will follow on.

We will finish the work they so nobly began.

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