### DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

#### por Sports a "Sure Cure" For Some Scandal Mongering 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, if a stamped and addressed envelope is inclosed. Address all inquiries to Dr. L. K. Hirshberg, in care of this office. Outdoor Sports a "Sure Cure"

By DR. LEONARD KEENE HIRSHBERG.

They fret, chafe, grumble, croak, la-

Their tissues have token on a diseased, damaged or disarranged state

pathological discord and disruption.

ances are not taken to task by him. His health, vitality and success give him a broad outlook on life. He is tol-erant and knows that there are more

One woman, estimable in many re

and a genial, cheery, emotionally well-

Answers to Health Questions

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



The weak ness which you are prompt to see in others is often a reflection of your own. Furthermore others its foundation for the present the pleasures, laughter and gayety of others in bad part, helps to prove that than first foundation more than like-ly/in your own un-recognized physical infirmities.

Whenever you

They fret, chafe, grumble, croak, la-ment, knit their brows and exhibit such vexation of the spirit at the joys and merriment of others that their own strength and health cannot but be un-

whenever you hear a woman or a dermined—if it has not already been so.

You are often compelled to observe that women, who become old, housed-in, and deficient in the number of their friendships, exhibit a sour, embittered, crabbed criticism of others. This indicates that their sentiment and points made by experimental psychologists. This test ofgists. This test of-ten proves that there is present in the tale-bearer and critic an unconscious perception that she herself has the same of the same of the sentiment and points of view have become mortified and dis-heartened by the development of some structural or internal disturbance. weakness, that is alleged against the Fear, cowardice and an inferior phy-

sical and mental make-up in the scan-dalmonger makes such a person speak evil of the man or woman who is un-consciously recognized as a superior in-tellectually and physically. No matter how wise, how noble, how young another may be, there are al-ways many who "would spell him back-As Hero puts it in "Much Ado About Nothing": "If fair-faced, she would swear the gentleman should be her sister: if black, why nature, drawing of an antique, made a foul blot; if tall, a lance ill-headed; if low, an agate very vilely

While the casual, swift, superficial medical examination may not always show a dispenser of scandal and criticism to be sick physically or mentally

#### Yes, the Pain goes!

The very first rub gives relief and as you massage in the healing, penetrating oils of Chamerlain's Liniment, you experlence a feeling of ease, comfort, and relief, that assure you a real cure is taking place. This fine old family safeguard



The New Better and Safer Way to Wash

off is the primary cause of falling hair. groundle condition of the scalp and

s of hair may also be secribed to the use Less of hair may also be secribed to the use of improper shampons containing irritating substances, animal ells and alcohol, any of which may produce gradual decay of the hair.

Don't use a stale liquid preparation that contains too much siteal (a harmful irritant). The surest, safest and easiest way is to make your own liquid. Buy a carton of Velnor at any drug store. Dissolve one of the small peakets into half gines of fresh water and you will have an abundance of mon-injurious liquid that will relieve faching of the scalp, falling hair and dimdruff also improve the natural color of the hair. Vulnor being in concentrated form never apolic and will keep furuver.





for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot al-



eased, damaged of disarranged state and the various parts of their fabric have ceased to harmonize. Physiological concord and unity have given way to The healthy man or woman takes a more liberal, just and charitable view of the words and actions of others. The frank behavior of friends and acquaint-

sides to an appearance or an act of behavior than a murmurer, a gossiper and a neighborhood censurer presents.

Emetional instability and a loss of that mental balance which makes for intolerance of others and a search for Good Night intolerance of others and a search for their foibles and weaknesses indicates sickness. Often some occult, hidden anatomical disease such as bacteria and infection in the gall bladder is responsible for the repinings, naggings and scandal tales. On the other hand, defective vision, undeveloped muscles or the foul air of darkened, unventilated rooms is at the bottom of the mischief.

One woman, estimable in many re-

BETTY VISITS POLAND'S SALT MINES.

Betty lay down upon the floor be-fore the fireplace and opened her study

One woman, estimable in many respects, was much given to gossip at the expense of her neighbors' reputations. Her husband was a big, successful, broad-minded man, who never spoke ill of others and could not abide his wife's snobbishness and tale-bearings. They had six young children and the husband did not wish them to grow up narrow, bitter, hypercritical and bigoted like his wife, whom he nevertheless loved.

The woman was brought to me as a "Oh, dear, I wish Gocomeback would visit me tonight! I don't feel like study-ing."

There was a rustle among the pages, of others and could not abide his wife's snobbishness and take-bearings. They had six young children and the husband did not wish them to grow up narrow, bitter, hypercritical and bigoted like his wife, whom he nevertheless loved.

The woman was brought to me as a patient and, after elaborate tests were made, the diagnosis of her trouble was loss of emotional stability and defective muscle sense with anemia. She was given more help at home and induced to-take up outdoor sports and athletics. In three months' time she became a different person—gay, smilling, liberal in her views, tolerant of what others did and a genial, cheery, emotionally well-blanced woman.

right into the great rock-salt mine.
After winding downstairs from one MRS. T. B.: Q.—Kindly advise whether — is harmful.

A.—I am very sorry, but I make it a rule never to discuss advertised articles.

Alter winding downstars from one story to another, Gocomeback led Betty into a perfect maze of passages.

"These underground tunnels run for sixty-five miles," said Gocomeback.
"Many curious sights you'll see along their walls."

Dr. Hirshberg will answer questions altars and statues of saints in niches all

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

How Dicky "Came Back" to Madge Too Spent For Logical Speech.

I hurried to my husband's room in tremulous, fearful wonder as to what his unexpected summons could mean. I found him with eyes closed, lying in his bed, wrapped in his heavy bathrobe and with the blankets piled high over him, and realized that he must have had one of those nervous chills to which he had been subject when overfatigued ever since his accident.

He hadn't heard my footsteps, purposely noiseless as I entered, and had time to look longingly and pityingly at the tense lines graven round his still boylsh mouth, at the pallor and thinness of the face go dear to me, before he opened his eyes.

In them, as he looked up at me, I saw no trace of the contempt which had so stung me every time his eyes had met mine in the last few days. Instead, I read rellef, remorse, love and longing. With a little inarticulate cry of joy I ran to him, dropped on my knees beside his bed and gathered his head into my arms. What had occasioned the change I didn't stop to inquire. It was enough for me that "Richard was himself again."

But the first sound of his voice told me that while his soul held no more than wing large.

for me that "Richard was himself again."

But the first sound of his voice told me that while his soul held no more rancor against me, yet he was far from being himself either physically or mentally. There was a flatness, a tonelessness about it that told of utter prostration of mind and body.

"I Know Everything."

"Mother—told—me—sweetheart," he whispered slowly, and a sudden surge of loving admiration rushed over me at the sturdy honesty of my mother-in-law's soul which would no longer, even at my request, allow me to suffer to save her from Dicky's censure. "But I couldn't—have—stood—it—much—longer—without you—dear. I—I—am so tired and—my—eyes—hurt—so."

There was no word of restret or anolation.

around, all made out of salt. Great obelisks and tall pyramids containing vast chambers were lighted by chandeliers, so the very walls sparkled like millions of diamonds. Everywhere glistened great walls of grey salt.

"There are subterranean lakes on which we can take a sail," suggested Gocomeback.

Betty shook her head. She wanted to see them, but this didn't appeal to her as a very good boating place.

The miners were very kind and courteous to Gocomeback and Betty, and gave them cake to nibble on while they told Betty the legend attached to the finding of the great salt mines in Poland.

"If it hadn't been for a beautiful, wed heated Dake of a beautiful, wed heated Dake of a beautiful, wed heated Dake of a beautiful, were detailed by the simple annexation of a frocks draped in diagonal sweeps are proposed in diagonal sweeps. The size specially true of the even frocks draped in diagonal sweeps are proposed in diagonal sweeps.

TUESDAY—WORDS OF WISE MEN ao We should choose our friends thoughtfully, wisely, prayerfully, but when we have pledged our lives we should be faithful whatever the cost may be. Sperm whales are the richest prize of the ocean, yielding spermaceti from the savities in their heads, ivory from their lower jaws and rich yellow oil from their

Every heart carries its weight of sor-row, but not for that may the life drop its work. If we refuse to be of use to others until we are free from troubles of our own, we shall spend our years in waiting and complaining.

The great secret of life is to know how in our own way to be receptive to the spirt, how to read the message of its inner whisperings.

DIARY OF A FASHION MODEL

Solving the Clinging-Evening-Dress Problem For the Tall

in a long, clinging evening gown usually person, who requires the tight lines to gives the impression that the lady is of abbreviate her size. The very slender



Watching a stage heroine sweep about cially made for the more solidly built woman cannot wear such frocks with This is especially true of the evening

#### What Everywoman Knows

Every year, dress fabrics are becoming sheerer and sheerer—the colors more dainty. The ordeal of trusting the delicate garments to "soap and water", however, is done away with by the use of Lux.

You may feel quite free to buy the daintiest blouse or underwear your purse can afford—without a bit of worry about the washing of them. You keep them fresh and new the Lux way-simply dipping them up and down in the creamy, copious Lux suds with never a bit of rubbing to injure them.

Lux won't hurt anything that pure water itself may touch. LEVER BROTHERS LIMITED, TORONTO.

# MADE IN CANADA

## Buy Tires by the Mile—

Any man will admit that 9 eggs at 45 cents are higher-priced than 12 eggs at 55 cents.

Yet, because the first cost is lower, many dealers offer tires that render only 70% or 80% of the service that good tires render.

That's not economy. It comes pretty close to criminal negligence in wasting labor and material. Tires should be judged by the cost-per-mile.

That Goodyear does consistently produce good tires is proved by Goodyear sales. Motorists buy more Goodyear Tires than other other brand in the world.

We could easily make less costly and therefore lower-priced tires with smooth or rough treads. But you would miss the lower cost-per-mile and satisfaction which those motorists now enjoy who have made Goodyear the best-selling tire in the world.

