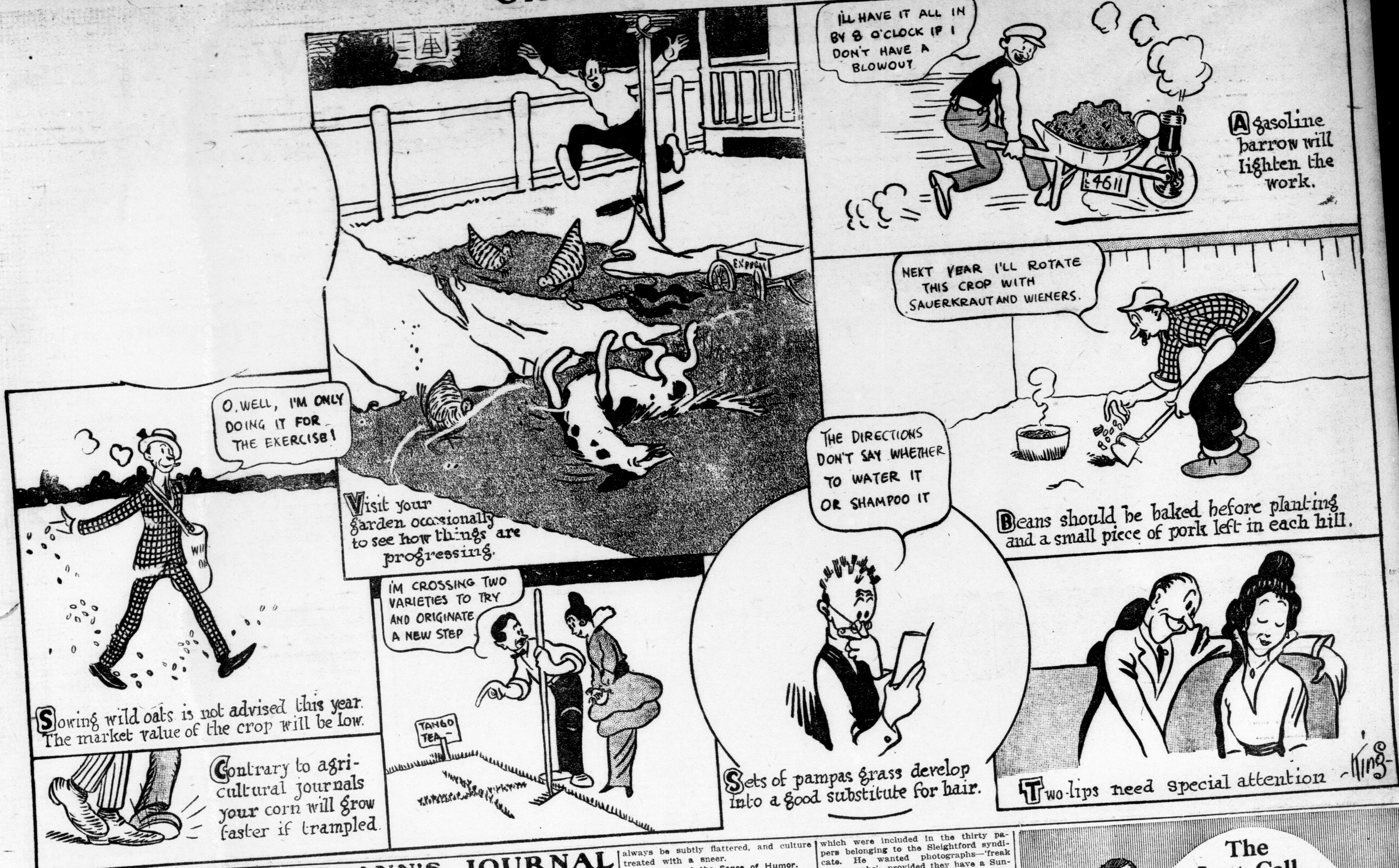


GARDEN HINTS.



PREPARING MARY ANN'S JOURNAL
MEMBERS CUT OUT THE "HAS-BEENS" AND PLACE THE

HOW "CUPID'S CATERERS" LOVE STORY IN MODERN SURROUNDINGS—SOME JOURNALISM UP TO DATE

An amusing and truthful account of the way in which Mary Ann's journals are prepared is given in "Cupid's Caterers," being some records of the tragic-Murdoch's excursion into the sentimental journalism, by Walter Muir. (Stanley Paul, 6s.)

Unfilled Field of Romance

"It seems to have occurred to the editors all at once to be busy in the every-day of romance with the occupations of contemporary life," says the Glasgow Evening News. "The mining, the social eccentric trade, the 'up-town' New York, the tritities of the Hoosier farmers, and the uneventful domesticity of our stuff for stories have had 'petered out' of these has-beens?" "Why not could we appear to have thought, some?" "Why not place the scenes of our stories in the departmental store, in a theatre, in hotel, behind the scenes in the cinema-factory, in a restaurant, the Jew's business premises, the newspaper office, the dressing club, the baseball playing, the room, and the university shed? The familiar people, the things, the surroundings, and might even look new in new surroundings."

The Thing Was Done.

"The thing was done. The brightest and most arresting fiction now being written in the United States is, on the shrewd theory that a love story, may add 75 per cent to its appeal in the characters and action it gives in the light on certain classes of the Industrial community and the technical conditions of their employment.

Though you are a seasoned old dog in regard to all the poses, intrigues, and combinations of love, so that of testamentary value, they would bore you, there is a compelling interest in the account in well-written fiction as secured, and which cinema pictures are accordingly secured, your attention and respect; though the plot is moth-eaten by age and the characters are stuffy and old-fashioned. It is not so much the literature, is true; it is of greater value than the kind of story it has supplanted. How, exactly, it is done, we can only surmise. It is incredible to the railmen, film-actress-is-Jew's caterers, and reformed burglar, Jew's caterers, and reformed burglar, have could themselves write these stories, which are often in the first place, presumably the up-to-date, surplus, presumably the conditions and the technique of a trade and its terminology, as Kipp did in 'Captains Courageous,' and depends upon his note on the subject.

The Formula for Stories.

"The formula for 'Servant Girls' (the phrase) is Mr. Murdoch's. It is and it is unfair to a class who make it themselves could certainly make it themselves. It is exceedingly simple, but must not be intended to publish it here lest our youngest office boy should immediately break his indentures to go off and make a dime out of it.

"No! Everybody can write the stuff acceptable to 'Housewife' or 'Dream'

time; not everybody has the psychology, but to please the readers—a well-compound of flattery, flummery, sentimentality, and misanthropy, which the sole printer in this country, Mr. Murdoch, was speedily disillusioned by the office of 'Housewife,' and deliberately 'written out' thought would serve at that level, he was informed that it was 'tripe.'

Editor Explains His Readers.

"He had over-estimated the intelligence of the average reader of 'Housewife' and 'Verrinder, its manager, had put him right.

"Our readers don't care for proved statements and hate logic. They want what is pleasant to the eye, resting on many bosoms, and let us gaze up into those faces. After a few minutes of that sort of week is safe to come up to the day of her death. Once absorbed 'Housewife' into the system, she can't do without it. Even if she doesn't want it, she can't do without it. Hundreds of our readers from wives who still wallow in the cloudland of courtship and who they probably have for a century back, bands of 'priority'—except as to how the will end—is never to be far from 'Housewife' reader; for trust on a life are never to be written beyond a word more comprehension; her own class

Emotional

How Brain Is Poisoned by Emotions of Hatred and Anger

The only living creatures, whether man or his brute neighbors, that have the emotions of fear, anger, joy or grief are those endowed by nature with muscles that can give expression to such feelings. Although the late William James maintained this thesis from a few limited observations, it has remained for no less a person than Prof. George Crile, the eminent surgeon of the Lakeside Hospital, Cleveland, Ohio, to finally clinch the proof. A man or a jack rabbit fears, says Dr. Crile, because it is equipped by

predatory selection with the proper all
muscles for such an emotion. When
he has become being becomes frightened,
awake or asleep, all of the "startle"
muscles immediately get alarmed. At
ose it is you will tremble, your perser-
ence, your eyes bulge, your heart
palpitates, your breath comes and
you grow weak in the knees and
your internal organs are kept affected.
The tiny muscles in your skin con-
tract and squeeze out all of the
You are as "pale as death."
Dr. Crile says the muscles of fear
are the defensive mechanism, while the
muscles of rage are those of attack
and onslaught. Man is endowed with
both, but like certain orders of the
feline tribes, some human families
and races have the offensive overde-
veloped, while others have the de-
fensive and fight muscles dominate.
To prove his contentions, Dr. Crile
performed numerous elaborate ex-
periments with rabbits and dogs, and
as well as recording many observations
upon friends and acquaintances
and patients in the hospital. Thus a
rabbit will have the fear-flight group
of muscles dominant, and are those
wanting in the anger-fight group.
was placed in such a way that a dog
(the canine) and the rabbit, in no way
could harm the rabbit. The dog
bristled, barked angrily and all of its
brave, attacking muscles were
developed, its heart palpitated, it grew
feverish, and its eyes and mouth ex-

all the indications of terror. Not content thus far, Dr. Crile went further, and in the midst of their fight of terror and rage he killed two animals. Marvelous to tell, he found that definite changes took place in the brain and in the nerve tissues of the animals.

For all time, it was demonstrated that during both fear and anger poisons are generated—just as normal serum poisoning is generated as come from the thyroid glands and stomach when the secretions in excess become poisonous in the body which do permanent injury to the brain and other tissues.

Furthermore, in his catalogous observations on the human race Dr. Crile found that if you become all worked up, you are liable to get all wrought up and as mad as a hatter. In here, these poisons generate in the greater quantity, unacted and untold. That is, if you become angry and

st down to write a letter about it or tell it to your dearest friend, or your doctor, your harm comes. Less personal, damage results and less satisfaction. These same internal antitoxins are generated.

It is better, according to Dr. Crile's discoveries, to stamp your little foot, to smash a few cobblets, and burst into tears, and sit stolidly mute with suppressed excitement hammering for an outlet at every tiny muscular door of your irritated body.

Strange as it may seem, that well-known adage in which a swelling appears in the front of the neck—the enlarged thyroid gland—recognized by many as the "goiter" bears the name of a "strangling" symptom all the more striking symptoms all the more apt. The picture of fear. If you look at the expression of a person with goiter, you will see this character. You will observe the whiteness of his eyes, the starving expression, the scared, nervous, anxious look, the rapid breathing and palpitations of heart. These are the typical symptoms of that condition, as well as the assurance presented by a frightened person.

to your brain and body will ensue, as follows the use of alcohol or morphine. No man or woman can afford, according to these researches, to allow himself or herself to become excited. To do so may lead to untold misery. Even the psychopathic ward is the price some must pay for this over-indulgence in the whims of fear, malice and anger.



LIEUT.-COL. SIR G. RICHARDS
Commander of the Ulster Anti-H
Rule Fodnaa.

MONEY HAS WINGS

Break a dollar bill and the change flies away—how? You do not know. Start a savings account and the dollar will work faithfully in your interests. It grows quickly here—attracts the money you would be apt to spend freely, if not carelessly.

We pay depositors $3\frac{1}{2}$ per cent. compound interest.

The Ontario Loan and Debiture Co's
A. M. Smart, Manager.
CORNER DUNDAS ST. and MARKET L.

dulgently or even impatiently at the fears and phantasms of the much maligned persons hitherto called "hy-sterics," "psychasthenics" and "neur-asthenics" must now be once for all ended.

The remedy is in as simple as it is a fearsome creature, individual, is made by mistaking

Legislature

cumbing to the tremors of a thunder-storm will work permanent injury to the brain and heart while ignoring and warding off such outbreaks will save their sanity and health, then will the deluded victim come to his senses and guard himself to the bitter end against the impending appearance of such emotional manifestations.

MINARD'S
DANDRUFF.

LINIMENT CURE

MINARD'S
DANDRUFF.

WINDSOR
SALT

most
everybody
in Canada
uses

**WINDSOR
TABLE SALT**

100%