

SUNDAY MORNING

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Those who tual one, and not of Sikhism. in India, kr Ramanuja is regar who are not of Christian pe Cardinal Gibbo he says men are istians, but be onfused with th christ is the spiritua Any man can His Divine nature. us became perf ell as perfect man ot ccase to be Nirvana, as the Bud to the fulness of the phrase. Nor we phrase. Nor he Christ. Jesus, e to have reincarna He differed with teacher Shankara Brahm or God. R istence of "the d, a supreme co dod." He defined su arture from earth dual spirit which e e it will enjoy pere ever" is of course acoring. In the view of or the Christ, as we time to time upon Krishna. He is ex again very soo and they divide of doctrine. The stance, have two the "cat doc "monkey-doctrine," "monkey-doctrine." the "cat-doctrine" saves a. man its kitten, while doctrine hold that ut to God and emi key does its mother under other hristians with Arians do not e cat and monk

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Sikh psychology

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MT ME. CAVALIERI makes the points in to-day's article the singing makes for dignity, dancing for grace and deep breathing for health. She proves this in her usual

charming fashion, by telling the story "Dancing gives lightness and rhythm to what might otherof an ugly duckling in Paris who was wise be heavy, irregular and made over into an attractive miss by awkward movements."

these means. She gives, as always, specific, directions for the beautifying exereises she advises.

The child lacked poise and grace. Music would bring and danc. one ing would give the other. "I then said to her: . "Singing and

"Singing and dancing will supply the lack in her. Let "The drooping lips of the her sing for dig-nity and dance for grace." The drooping lips of the transformed child formed naturally into a cheerful smile."

trustingly the mother followed my advice, and thoroughly. She engaged for the monkey-like little one a singing teacher and a dancing master. Tactfully she led the child to consider this a privilege. The music and dancing lessons were so skilfully given and so lightly im-posed, never leaving her tired, that the little one thought they

rounded out. The ulders had wid-d. When her ened. mother sent her inwith her the child the stroll nurse across the with unroom with un-conscious grace. the grace of utter unconsciousness of self. When I had seen her first

chest had

little

her crouching figure and sullen eyes seemed to say: "Look at me, pity me, while I hate you." Now her light step and graceful carriage said: "I am not thinking of myself, nor do I think that you are thinking of me. But if you are I am sure it is with kindly thoughts."

Her mother met my look of de-light with a smile.

JANUARY 7, 1912

My Secrets of Beauty Sing for Dignity, Dance for Grace, Breathe for Health - By Mme. Lina Cavalieri, the Most Famous Living Beauty.

TORONTO WORLD

Mme. Lina Cavalieri.

one." Certainly it gives the impres-sion of self-sufficiency and of strength and confidence. The perstrength and confidence. The per-son with such a chest knows that all the while fresh air is pouring into and rebuilding the body, making it new and young and strength-ening it against the attacks of dis-ease. In this way the vocal lessons practically make the body over

Make deep breathing a habit. Give the lungs a housecleaning several times a day. The morning is the best time to begin. And this is what to do. Stand in an open window.

On rising wrap yourself in a warm dressing gown, throw open a window and, standing before it, slowly and deeply inhale. It will ald the intake if you raise your arms slowly above your head. Stand with the palms turned out-ward, the elbows straight and the traces your knees unbent. Firmiy close your lips, and without raising your shoul-ders slowly draw in the air, countfour. While the lungs are thus packed keep the air in so that every cell will be laved while you count one, two, three, four. Then. In the same time, to the same number of counts gently expel the air. Repeat this until a slight sense of dizzlness warns you that you have gone far enough for that exercise. Repeat the exercise whenever pos-sible during the day. But choose the time and place where the air is freshest. If possible go to the roof for there the air is fresher

than on the street levels. At any rate a window is always available. So whether or not you take vocal lessons the deep breathing and its

advantages are open to you. I have told many of my friends and patrons, indolent folk who dreaded the thought of extra ef-fort, that if the thought of deep breating involved the thought of unwelcome work, just to sing long and often. That serves the same purpose and is a sign nature gives us that we need a current of air to sweep through and cleanse the

body. Dancing gives both lightness and rhythm to what might otherwise be heavy, irregular and awkward movements. And dancing is not alone an ex-

And dancing is not alone an ex-ercise of the fect. Gence, Pavlova, Maria Daldini. all the creat danc-ers, have expressed more by their arms than their fect. At least they have never failed to press as much. The movements of the lower part of the body are merely the foundation upon which the em-broidery of the arm movements is woven.

woven. The child should be taught to halance the roms, and delight in the unalike lightness of body that seems to follow it. It have the grown person as well as the child, to think of a bird, balinced in air by its outspread wings, and strive to imitate it. This is the ideal of lightness toward which every danlightness toward which every dan-cer strives but which none quite reaches. Yet all are better danoers for the effort.

Beauty Questions Answered

Wrote to His Wife

Newly Discovered Letters of Napoleon

to Josephine That Show He Opened Her

Mail. Was Intensely Jealous, That She

Didn't Answer His Letters and That He

Loved Her Even After He Divorced Her.

after knowledge comes the request: Be sure to keep the cycbrows frae "What is the best thing I can do to from dust by brushing them with reduce my lower lip? Something that won't make it look shrivelled? It is enlarged from biting, I think. I have used all kinds of chapped lip remedies, but they have had no ef-

From another earnest seeker lanoline should promote the growth. an eyebrow D also stimulates the growth of the eyebrows.

By Mme. Lina Cavalieri.

of land where he are tank now known pool of immortality. son Jehangir, who see and imprisoned him of the hardships. ovind, began defini anize the Sikhs in s ikh state began to and struggle cor the Guru Tegh Ba He was cruelly m ngzebe and Govind, e the Sikhs their gr stablished the Sikh eyes. njaub. Christians b in realizing that er religions are as ers as Jesus is to

do to say that w ence in one case is gnorance in the of Nanak, his say s are full of the q en's hearts. "When fter seventy years

riage drove up to my door and Mme. Blanck was announced. Were I at liberty to mention her name I should surprise you, for you would recognize it as one of the most famous in France. Yet, powerful as was this woman, and mighty as was the great family she represented, there were tears of helplessness in her

"Madame," she said to me. in slow English, for the ears of the little girl she had brought with her, though quick, were only trained to French, "you see my problem. 1 am the mother of an ugly duckling. I want her to become beautiful What shall I do?"

It seemed, judged by surface in. dications, to be a hopeless task.

'NE morning recently a car- The little girl, looking up at me out of deep-set, dark eyes, looked more like a monkey than a child. She was thin and brown and bent. Her narrow, crooked little shoulders showed that she had started in the way of curvature of the spine. She was stunted and brown and had a prematurely old face. Though, when I scanned the little face, f saw that it was neither features nor eyes that gave the face its look of premature age. It was a withered-looking skin and the

drooping, lifeless expression of the child who is not well that caused that look of added years. As the distinguished mother of this unpromising little daughter looked into my face with eyes of appeal the answer to her painful

were amusements prepared for her benefit. Two years later, when, returning from my American and Russian tours, I saw the child again. I was amazed at the transformation. It was as if a fairy had waved her wand and changed the ugiv child into a model of childis loveliness.

The muddy skin had grown fair and beautiful waves of pink ebbed and flowed in tides of health beneath it. The deep-set dark eyes looked at one with wide, frank, gaze. The drooping lips formed naturally into a cheerful smile. But it was in the bent little figure but it was in the bent little igure the transformation was most satis-fyingly complete. It had straight-ened into an attitude of gentle pride. The crooked-shouldered person always looks apologetic. There was no hint of apology in this little girl's bearing. Her arrowlike figure spoke of self-reliance. The

TAPOLEON BONAPARTE

and sent her love notes even after he

had divorced her and had married

the Princess Marie Louise, of Prus-

sia. A number of letters written

by Napoleon to Josephine de Beau

harnais have been found at the

palace of Malmaison, and have just

been published in Paris. The au-

thenticity of the letters cannot be

opened his first wife's letters,

was insanely jealous of her

I did exa dear friend," she said. "Two years of vocal lessons have given my child the bearing of a little queen. and playing at dancing lessons have given her the grace of a feather in the wind. Is it not so?" We mingled tears of joy at the

so desirable result. The brown, monkey-like child had become fair and of swift, deerlike grace.

What was done in this extreme case can be done in many others. lives Voice culture has saved threatened with tuberculosis and death. It is as simple as A. B. C. The voice lessons make deep breathing necessary. The deep breathing expands the chest. As more room is provided for the oxygen more oxygen rushes into the blood by way of the lungs, purifying the one and strengthening the other. Some one has described the full, high chest as a "proud



"It will aid the intake of air in deep breathing if you raise your arms above your head."

I should first remove the cause. If your lip has been enlarged by blt-ing, be sure you do not go on biting even in your sleep. The inflam mation so caused will gradually subside. The size of the lip should correspondingly subside in time. I would recommend no astringent remedies, for, as you fear, they remedies. would cause the lips to look shriv-

elled. Another question from the same seeker after information asks: "Can you tell me of some preparation that will increase the growth of my eye-lashes and eyebrows?" Massaging the eyebrows with

This has always been successfully

used in my experience: Red vaseline, 11/2 ozs.; tinct-ure of cantharides, 1/2 oz.; Ja-maica rum, 1/2 oz.; oil of rose-mary, 3 drops. Manages in lightly or apply twice

Massage in lightly or apply twice a day with a brush. First lock to the cause of the thin-

are aenemic and require a toning up of the system. Perhaps the eyes up of the system. Pernaps the eyes are tired and need more sleep. Per-haps they are inflamed. Inflamed eyelids easily yield their fringe. This is a good wash for the eyes if used in the proportion of five drops in an eye-cup of rosewater: . Camphor water, 2 ozs.; borax,

2 grains.

problem flashed across my vision Great Age This.

Great Age This. It is a great thing to live in days made small: a rare privilege, also, to work in a time when humanity's prob-lems are seen to be not local, but uni-versal--not confined to one country, but applying to all. In their solving, all hinder or help. Poor and rich, la-borer and capitalist, privates and cap-tains--all can "lend a hand." The overshadowing issue of 1912 is might or moral reason settle disputes among nations? Despite wars now go-ing on, tokens of peace universal were nevers so numerous. Shall bombs or courts, revolution or evolution, de-struction or upbuilding prevall in the differences grown acute between capital ad labor? Here, too, signs are not lacking of a return to reason, guaran-teeing justice and peace to all



THERE IS NO EXCUSE FOR WRIN! LES

A pallid complexion, sunken cheeks, hin angular figures. The judicious use of some pure preparation, pre-scribed by a conscientious dermatolo-gist, will either prevent or remove wrinkles and undestrable lines.

PRINCESS SKIN FOOD

will do all this, and will brighten the spaces, build up the tissues, and put firm, pink flesh where you need it. Massage directions with each pot. Superfluous Hair, Moles, etc., permanently removed by electrolysis. Sat-isfaction assured. Send stamp for Booklet "C." It contains a mint of

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61 College St., Toronto.

His Mistake IN Chinese visititing etiquette the rank of the caller is denoted by the size

of his card. Thus the visiting card of a high mandarin would be an immense roll of paper, neatly tied up. A gentleman who has travelled in China brought home a Chinese servant, and his wife soon after held a "recepand his whe soch after held a tecep-tion." John Chinaman attended the door, and received with great disgust the small pasteboards of the visitors. Evidently with an opinion of his own of the low condition of his mistress's rinds, he pitched the cards into a basket and with scant ceremony showed their owners into the drawing-room.

This Tickled Him .

Napoleon married "the beautiful Creole" on March 9, 1796, and then had to rush sway to the campaign in Italy, of which he had been made their owners into the drawing-room. But presently the gas-man called with a bill-a big piece of cream-colored paper. The "card" satisfied John. With deep reverence he received it. With low salaams he ushered the bearer not only into the drawing-room, but with pro-found bowings, to the dismay of the gas-man and horror of the hostess, right up to the centre of the room, where that commander-in-chief. He is arranging a campaign, planning new victories, but writes to her: "I am leaving to-night for Peschiera, and thence go to Milan, to get a kiss if you will assure me that man and norror of the nostess, right up to the centre of the room, where that lady was receiving her distinguished guests; and then John, with another humble reverence, meekly retired, doubt-

questioned.

will not be a frozen one." Josephine was very evidently a bad correspondent. He writes from less supposing that the owner of that card was a person of very high distinc-Brescia this woeful plaint:

"I am just on the point of leaving for Verona: I had hoped to receive a letter from you, the disappoint-ment puts me in terrible state. You were not so well when I left; I beg that you will not leave me so worried. You promised me to be more AMES J. HILL, the Railway King. prompt; your tongue was then in told the following amusing inciden: accord with your heart. You to on one of his roads: "One of our division superintendents had received numerous complaints that freight trains were in the habit of stopwhom Nature has given sweetness, kindness and all that pleases, how could you forget one who loves you so warmly? Three days without a letter from you! I have written you several times in those three days. Again he writes:

had received numerous complaints inter-freight trains were in the habit of stop-ping on a grade crossing in a certain small town, thereby blocking travel for long periods. He issued orders, but still" the complaints came in Finally he de-cided to investigate personally. "A short man in size and very excit-able, he went down to the crossing, and, sure enough, there stood, in defiance of his orders, a long freight train, anchored squarely across it. A brakeman who didn't know him by sight sat compla-cently on the top of the car. "Move that train on!" sputtered the little 'super.' 'Get it off the crossing so people can pass. Move on, I say!" "The brakeman surveyed the tempest-ous little man from head to foot. 'You go to the deuce, you little shrimp,' he replied. 'You're small enough to crawl under.'" "I arrived in Milan-rushed to my apartment; I had left everything to see you, to press you in my arms; you were not there. You are trayelling around having a good time, keeping yourself away from meyou have no thought for your dear Napoleon. You loved him by caprice: inconstancy makes you indifferent." The next day he receives no letter from her, and complains:

"To love you alone, to make you happy, to do naught that you op-

pose—that is the destiny and purpose of my life. Be happy, do not re-proach yourself on my account, be not interested in the happiness of that man who lives in your life, who enjoys naught save the pleasure of your happiness. If I ask of you love like that I give, I am wrong; why ask for lace to weigh as much as sold?"

This is his naive confession that he opened her letters, and his veiled threat to keep on opening them: "I received mail from Paris. There were two letters for you; and I read them. Nevertheless. although this deed seems very simple to me, and I

How the "Man of Destiny" know you would have given me per mission. I am afraid it will make you angry; and that worries me. I wanted to reseal them; but that would have been horrible if I have done anything wrong, I beg your pardon; I swear to you. I was not parton; I swear to you, I was not jealous; certainly not; I have too high an opinion of my adorable Friend for that But I wish that you give me full permission to read your letters; then there would be no more of these fears and regrets.

On November 13. the same year, he is still having trouble: "I do not love you any more: on

the contrary, I detest you. You are wicked, foolish, stupid. You do not write to me, you do not love your husband; you know the pleasure your letters give him, and you do not even scribble a half a dozen lines. "What are you doing. Madame, all day long? What matters of great importance prevent you from writing to your good, devoted lover? What affection smothers or sets aside that love, that tender and constant love which you promised him? Who can this marvellous new lover be who takes up every moment of your time, rules all your days, and keeps you from thinking of your husband? Napoleon became Emperor on De-cember 2, 1804, and on various campaigns writes to Josephine in char-Acteristic style. On November 8, 1806, he becomes somewhat stern: "I have received your letter, in which you seem to be angry with me because of what I say of women; it is true that I hate intriguing women above all things. I am ac-customed to good women, sweet and conciliating; those are the ones I love. If they have spoiled me it is not my fault, but yours. You know I love good, naive, sweet women;

but that is because they are like you It was on December 15, 1809, that last Summer." still devoted to her is best proved by letters written at this time, which form a most important part of the batch found.

In January, 1810, he writes: "My Friend-D'Audenarde, whom your daughter's hand." that you have no more courage since find it in the dishwater." filled with our feelings, which cannot knowing that if such was the case he and should never change, at least nad won a prize.

on my side. I would like to see you ever so much, but I must be sure that you are strong, not weak; and I, too, am somewhat so, and that affrights me.

"Adieu, Josephine; good night. If you doubt me, you are an ingrate,

And on April of 1810, he sends his last letter:

"I am always the same; my feel-ings have not changed. I have not written to you, because you did not write. and I only want to do what pleases you. I see with pleasure that you are going to Malmaison, and that you are contented. I shall be when receive news of you, and to send you mine. I can say no more than to ask you to compare my letter with yours; and after that I shall let you judge who is the better friend of us two. Adieu, my Friend; keep well and be just to yourself and to me.

"NAPOLEON."

JUST SHAM FIGHTS.

don't know .whether I ought to take you seriously or not," says the fair young thing to the gallant officer who had just proposed. "I've heard that you were engaged to ten girls

"Sir, I have come to ask you for I sent to you this morning, tells me "All right, my boy! I think you" reaching Malmaison. That place is Then the young man left, smilling,

Napoleon divorced Josephine, much' "My dear, those weren't real en-against his will, and that the was gagements. They were just-ersham skirmishes."

SUIT THE PLACE.

An Old French Print of Empress Josephine on Horseback.