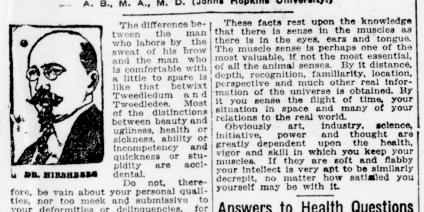
Daily Magazine Page for Everybody

Secrets of Health and Happiness

Training Muscles and Will the Way to Mental Growth

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



fore, be vain about your personal qualities, nor too meek and submissive to your deformities or delinquencies, for the hiatus between can be frequently bridged. When the wish is present, effort, attention and persistence will bring their reward.

The mental "setting-up exercises" which are called for to convert inefficiency and incapacity into ability and power are few. Nevertheless, they must be established firmly in your mind, it you would succeed. You must practice the will to pay attention to coloriess, uninteresting and apparently unimportant matters. The will to fix the attention upon the "pieces in the paper" which you do not like is necessary. Nothing should escape you; you should compel yourself to grasp the intricate, involved and even impractical details of whatever comes before you.

No restless, lackadaisical, half-hearted "raying attention" will "rest your repeated in the same and stiff ear joints.

A.—An examination must be made to determine the cause of the trouble. An electric vibrator (small) used in the ear, a little of 12 grains of ammoniated merous to the ounce of petroleum in the nostrils twice a day may help, because nose and throat disorders are often concerned in it.

A SUBSCRIBER.—A.—Your question is of a personal nature. If you will send a stamped, self-addressed envelope with your query repeated I will be very glad to help you.

H. C.—Q.—Will you kindly tell me if

Involved and even impractical details of whatever comes before you.

No restless, lackadaisical, half-heart6d "paying attention" will "get you anything" on the rough and rocky road to success. Your full will to attend, observe, examine, inquire into, analyze and explain must be called into play upon as many things as come before you in a day's work or study.

If you are as content and complacent about your routine as "The Man with the Hoe" you will remain a clodhopper pretty much all your whole life long. You need not hesitate as most grownups do, namely, to ask for explanations of anything or everything not clearly understood.

School Your Will.

In nine out of ten persons one of the facts beneath lack of ability and incapacity to think analytically rests upon their vanity and grandiose ego, which impels them to pretend to know or understand that which is to them as "Clear as mud."

Wery glad to help you.

H. C.—Q.—Will you kindly tell me if dat feet can be cured, and how?

A.—A plaster of paris cast should be made of the bare foot to see the exact shape of the sole. Then shoes with instep supports and screw adjustments, to be changed every two or three days, are to be fitted inside. At the same time the muscles of the ankle and foot should be toned up by dancing and barefoot exercises.

H. P.—Q.—Should I continue to take cold baths when I have a cold?

A.—It is probably better to stop the cold bath two or three days when there is anything wrong with any part of the body.

G. H. B.—Q.—Kindly suggest a harm-less remedy for thin eyelashes.

A.—Apply a little white vaseline to the eyelids each night before retiring.

impels them to pretend to know or understand that which is to them as "clear as mud."

If you are to become capable and efficient, desire, will, attention, concentration, purpose, discipline, reflection, analysis and research are each an exercise to be diligently applied. Wadsworth once resolved to make an excursion to the mountains, and in spite of protests, carried out his intention in the face of a violent storm. He gave as his reason that "the abandoning of a plan to avoid a slight discomfort is dangerous to your character."

A—Apply a little white vaseline to the eyelids each night before retiring.

C. E.—Q.—I have hard and rapid heart-beats. To what is this due?

A.—This may be due to many things other than heart trouble, which would his protection out by taking the blood pressure, analyzing the kidney fluid and having a thorough examination to discover the possible cause. Your description doesn't sound at all like heart trouble; it's more like some emotional disturbance.

to avoid a slight discomfort is dangerous to your character."

Perseverance of that kind will assure
success. Nothing resists a strong, persevering will; it can conquer even pain,
and history shows us that it can
triumph over men and nations and
establish the most powerful empires.

Discipline and school your wills of that
you may bring its full strength to make
you may bring its full strength to make
you think, reflect, meditate and concentrate the entire intellect and attention
upon the matter and its full purport.

Swedish movements, electric battery,
upon the matter and its full purport.

E. M. L.—Q.—My brother has suffered
with rheumatism for four years. Can
you prescribe a remedy for him?

A.—Rheumatis m is a carelessly-used
name given to the symptoms of many
different diseases. It is generally used
to mean pain. If you will describe the
you think, reflect, meditate and concentrate the entire intellect and attention
upon the matter and its full purport.

Swedish movements, electric battery,
upon the matter and its full purport. upon the matter and its full purport. Swedish movements, electric battery, bon declared that a woodcock would Finally, whatever you do for your manipulation and massage may help to eat its weight of worms in a night. To-

The muscles are not merely huge bundles of flesh with their sole object, the displacement of things in space, they have a many spaces are in the space of this paper on medical, hygienic and sanitation subjects that when your arm and ler muscles are in the space.

WHEN SHE KNITS



By Will Nies



NIT two-purl two" may be a MOST difficult thing to do, but that HE is there-well, he wonders WHO she's knitting for! Same-

somehow as he watches her-seeing the rapt attention she how it's rather hard to inquire-because, you see, he ISN'T in khaki somenow as ne watches her seeing the rapt attention and harder still is it to voice THE QUESTION that he's called to gives this duty—an interest so intense that she doesn't feel —and harder still is it to voice THE QUESTION that he's called to the pull on the yarn that playful kitty gives, nor even seem to realize ask. But, if she were knitting that for HIM-What's a fellow to do?

"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win the War.

BY ALBERT BARRETT SAYRES.

assuage the pain while a search is made | day it has been proved that the wood

Writes About "The 'Unleavable' Treasure."



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of the apartment house, and the worst And somehow that does seem a pityl his cane, muttering to himself. As he reached down for it he espied a queer little fellow sitting on the handle.

Grandpa Squires rubbed his eyes and pinched his arm to see if he was awake or dreaming, for the little elfin was no taller than his hand.

"Hello!" cried the eifin. "You've never seen me before. I'm Happy Giggles from Makebelieveland." "Makebelieveland." "Exclaimed Grandpa Squires. "I remember hearing of the restless mind of man cannot but press a principle to the real limit of its application, even though centuries should intervene between the premise and the conclusion.—Henry Parry Liddon.

The truth is, it is not the amount of thought which is poured in that gives wisdom, but the amount of living, creative mind and heart working on and stirred up by what is so poured in.

F. W. Robertson.

"Makebelieveland!" exclaimed Grandpa Squires. "I remember hearing of such a place when I was a boy. But fairies and elfins don't bother with old folks these days."

Grandpa and Grandma Squires were very old and lived all alone in a little hut near the outskirts of the village. The children liked to tease the old couple because they always grew cross and gave chase down the dusty road. But the greatest fun of all to them was stealing the green apples from Grandpa Squires was Squires' apple trees.

One day when Grandma Squires was away and Grandma Squires were were wong!"

"The wind and Grandma Grandma Squires were you're wrong!"

"There's where you're wrong!"

"There's where you're wrong!"

"There's where you're wrong!"

"The world's largest candle was manufactured for an Italian cathedral in accordance with an innocent prisoner's yow that when his innocente was a transfer up by wnat is so poured in.

The world's largest candle was manufactured for an extraordinary way to woth the boys have been stealing your apples 'T've been trying to make you hear me."

"Yue been tryin one day when Grandma Squires was one or most important squires. Opening his eyes he saw a crowd ries. Opening his eyes he saw a crowd of the control of the

Grandpa Squires looked down the road after the boys, and when he turned around Happy Giggles was gone, and Grandma was just coming in at the Grandpa Squires told her what the elfir said and they both laughed.
"He's right!" exclaimed Grandma Squires. "Old folks soon forget they

were once children themselves. Grandpa Squires picked up his cane and, throwing his arms around his wife, they went into the house.

The next day when the boys came to the more day when the more day when the boys came to the more day when the more day the orchard they found signs tacked on of such value to me that I always keep every tree, and these signs read: Help Yourselves, Boys,

But Please Don't Harm the Trees. stolen anything—even those apples, and did many chores to pay for them.

Brockville, Ont.

INCIDENTS IN THE LIVES OF FAMOUS WOMEN

BY ELOISE FARRINGTON. How Eponina Gave Her Freedom and Then Her Life for Her

Though Rome conquered tribe after tribe of barbarians the love of freedom continued to burn in the breasts of the unwilling subjects of the great empire.

Now and then one of the tribes would revolt against the power of Rome. A rebellion of this kind occurred during the reign of Vespasian.

The Ligones, a tribe of Gaul, attempted to regain their lost liberty. Under the leadership of Julius Sabinus they drove the Romans from their country and marched into the territory of the Sequani, hoping to bring that tribe into rebellion. The Romans gathered their legions together and met the revolting tribes in battle. The barbarians suffered defeat and the few who remained alive fied in confusion to their country.

Sabinus was compelled to yield to sabinus was compelled to yield to her desires, and Eponina never returned to her former home. For nine long years she affectionately looked after the needs of her husband. She bore the hardships of their wild life uncomplainted they found true happiness.

But their hiding place was eventually discovered by their enemies. They were selzed and sent as prisoners to Rome.

mained alive fied in confusion to their country.

Sabinus was among these. He fied to an obscure cottage, and in an effort to escape capture set fire to his hiding place. The Romans returned to their camp, believing that he had perished in the flames.

Among the first to learn of the death of Sabinus was Eponina, his devoted wife. So deep was the grief of this faithful woman that the Romans were convinced further search for Sabinus was unnecessary. For days Eponina mourned, and then a messenger brought word that her husband lived, having invented the story of his death that the Romans would discontinue their search. Eponina's sorrow changed to joy, but Romans would discontinue their search. Eponina's sorrow changed to joy, but knowing that she was watched by sples she affected a deeper grief than ever. During the day she went about clad in mourning robes and with a sorrowful countenance. But when darkness came she hastened to Sabirus and before daybreak she returned to her home. These clandestine visits continued for seven months. Then Eponina persuaded Sabirus to assume a disguise and go with nus to assume a disguise and go with her to Rome, where she might plead for

her to Rome, where she might pleat to his pardon.

The long and dangerous journey to Rome was made, but there the faithful wife met with only crueity and disappointment. The officials of Rome refused to consider with compassion the fused to consider with compassion the case of a rebel chief.

Sad and hopeless, Eponina and Sabinus, still wearing his disguise, returned to Ligones. Again the unhappy man sought shelter in a cave to wait alone.

Finally, Eponina, unable to bear the thought of the lonely existence of her husband, gathered together a few belongings of value and abandoned her home. Seeking the cave which served as a refuge for Sabinus, she said:

"I have come, my husband, to share your misfortune. Nevermore will I leave your side."

Sabinus strongly protested against

The Origin of Famous Sayings

Mary Abigall Dodge (Gall Hamilton)

Discarded stationery is now being manufactured into writing pads.

Mrs. Henry Vanreader, Rodney, Ont., them in the house." Once a mother or make you limp any more. has used Baby's Own Tablets she would use nothing else. And Grandpa and Grandma were never bothered by the boys again. Indeed, they all became good friends. Inthe boys told Grandma and Grandpa that they were really ashamed to have the sickly baby well. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Company, Williams Medicine Company

Patriotic Husband.



your side." Sabinus strongly protested against such a sacrifice, saying that it was impossible for her to endure the hardships and uncertainties of such a life as he was compelled to live. To this Eponina replied: "Your objections are in vain. Noth-HAIR GETS THICK, WAVY, BEAUTIFUL

Save your hair! Double its

Writes About "The 'United the sections' cross and sections' cross

"Tiz" for sore, tired, puffed up, aching, calloused feet



ment. Use "Tiz" and never suffer with of corns, callouses and bunions.

ut all the poisonous exudations which lamed, aching, sweaty feet.

drug store or department store. Get instant foot relief. Laugh at foot suferers who complain. Because your

CEETEE UNDERCLOTHING Quaranteed Not To Shrink

DIARY OF A FASHION MODEL

- BY GRACE THORNCLIFFE. --Solving the Problem of a Smart Frock for the Slim Girl.

the one you designed for Miss Nash," I Eton frock. You want blue, of course?" answered without a moment's hesita- I chose a dark blue, a blue with not tion. "That model was perfect for a the slightest hint of purple in it. slender girl-its lines were youthful yet "Now, we must have some white satin extremely smart, and it was the sort of frock that would never look shabby. Even if it had hard wear a good press-



Try TETROL, 25c

This has been a day of surprises. This , "Would you like silk or worsted bet-

"Claire, if someone were to offer you "Silk-one of the heavy weavesa new frock, what kind would you either pongee, crepe or Amphora." I re-

"Fil cut it out immediately, and sha any come up to be fitted this afterniay come up to be fitted this after-noon," laughed Miss Westley. This from conscientious Miss Westley.

of great and glorious surprises!

I chose a dark blue, a blue with not the slightest hint of purple in it.

"Now, we must have some white satin for Japaneses silk for the underblouse."
Which would you prefer? the Japaneses silk, the kind used for men's shirts.

"Madame found a piece with a dulf finish that appealed to her as the verything to combine well with the blue Amphora. And, taking the materials to Mass Westley, she gave her detailed instructions as to the making of my frock."
"Use four widits of the material for the structions as to the making of my frock."
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"Use four widits of the material for the structions are the

and the state of t time and myself belonging to the great cause.

I took refuge in an evasion.

"Your manner is exceedingly offensive," I said coldly, "although perhaps you don't realize it. But I beg you to excuse me from discussing the subject further."

He gave a short, disagreable laugh.

"So be it," he said. "But I'd like you to correct one impression which I gather you gave the lady. As far as I

"Sure!" he exclaimed. "But that was of boys hopping over the orchard fence, their pockets buiging with apples.

This made Grandpa Squires very angry, and he threw his cane at them, scoiding all the while. The boys lawfied and cheered as they ran down the road.

Grandpa Squires slowly hobbled after

"Sure!" he exclaimed. "But that was different!"

"Boys of today and the chaps of yesterday are all alike in that respect," replied Happy Giggles. "Only these apples happen to grow on your trees and—let me tell you a secret—they wouldn't want the apples if they thought you wouldn't chase them."