# Daily Magazine Page for Everybody

Secrets of Health and Happiness

# How Your Muscles Help To Keep Your Mind In Condition

BY DR. LEONARD KEENE HIRSHBERG

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physical parts which make his mind. The immortal soul then manifests itself through the material perfections.

The most antiquated physiologist will agree that the switchboard or "motor centres of the brain" develop only fter exercise and training of the muscles. The sensation capacity and motive power of the muscles appear first. Uness these are formed, the corresponding "centres" in the brain will not have their proper development, growth and The brain is biologically and anatomically a bridge across the Danube of

muscles with muscle, memory, perception or comparison with comparison. It is not the seat of the soul, the intellect, the non-material storehouses in the different tissues any more than are those tissues themselves, but is a mere pathway for the co-ordination of one kind of physiological activity, with another,

Muscular and sense association and away. brain maturity and growth than is brain development for them. The greater the sensitiveness, skill, variability, ingenu- that the muscles give the expression of ity and complexity of sensation or of and to the emotions. muscular movement, the fuller the de-

It follows, then, that play, labor and Answers to Health Questions creative work freed from habit and instinct, full of change and new situations train the mind. The development of the brain is a secondary accomplishment as is proved by many highly trained and educated plants and

and the muscles in their turn guide the emotions. You are afraid—an emotion —because you see a savage beast which L. K. Hirshberg, care this office. and the muscles in their turn guide the emotions. You are afraid-an emotion

Mind" and "brain" are far from the same, for it is now definitely known that the brain is not the exclusive seat of memory, perception, judgment, reasoning and the intellect. Ovid wrote that "It is the mind that makes the man, and our vigor is in our immortal soul." Here you have the truth reversed in the first phrase and corrected in the second. It is the world outside of a man and his inherited

, make your legs tremble or seek to ru

Source of Delicate Feelings. adustment, are more important for Many of the muscle movements and delineations in the face are the source of delicate feelings. Darwin seems to have been right in the observations

Flabby muscles are a sign of a weak

will. A life of inactivity, indoors or out, spells a gradual sap of will power. velopment of the grey matter of the

> HARVEY. Q .- I am troubled with impetigo. What will help it?
> A.—Wash the scabs off with hot water and soap and then apply white ammoniated mercury ointment.

Dr. Hirshberg will answer question Prof. William James was one of the first to emphasize that the will and the feelings are intimately related to muscular activity and development. Sensations and ideas direct muscular action, and the muscles in their turn guida that the will be answered personally if a

## DIARY OF A FASHION MODEL

She Learns How Important a Petticoat Slip is Considered for Dance Frock.

see that everything about it was quite looked in it, and nearly overwhelmed

and garlands of tiny flowers, and the dning of flesh-pink chiffon.

this frock Miss Ainsley?" she asked. and the other of white pussy-willow back. Lace insertion was applied to the transparent material in a scalloped the better

"That would be hard to say until I know how they're trimmed," Madame enswered, as she looped up one of the streamers a trifle higher.

"The pink slip is trimmed with hemstitched tucks. The white slip has a simple and pretty."

"Then neither of them will look well ander this frock. It needs something umusually dainty and attractive. If you should wear a plain petticoat slip the effect of your frock would be totally spoiled. I rather thought that you had Westley to make a petticoat slip that would set off the beauty of this gown. I'll have it sent down immediately."

Never before have I seen such a lovely bit of underwear as that petticoat slip. It was as carefully made and as richly trimmed as a dance frock. Miss Ainsley was completely fascinat- again.

I stared at her open-mouthed when

Harry Underwood! I caught my

whom I had met first as the handsome. brilliant, indolent husband of the wo-

man facing me across her library table

Much water had run under the bridge

her dance frock, Madame came in to ed when she saw how charming she Madame with her extravagant expres

The slip was a combination of flesh overdress with its streamers of ribbon pink chiffon, satin of the same tint, lace, ribbons and French roses "What do you intend wearing under palest blue satin ribbon was threaded through buttonholed eyelets at the tor ranged in small box pleats. A hand of

"I have two slips, one of pink satin the ends tying in a small bow at the taffeta. Which do you think would look design, and clusters of the pink silk Over a petticoat of soft, pink satin

with lace edging, while above it was a row of tiny wreaths fashioned of roses flounce of pleated lace. Both are very Bowknots of the lace insertion were used alternately with the wreather The lace insertion was also applied in

a scalloped design to correspond with the camisole, and between the scallops were placed wreaths of the tiny roses. A row of bowknots of pale blue satin bbon completed the border at the top. The fulness about the waistline was confined by a double girdle of the blue trimming completed the slip.

It was surprising how much handsomer the lace dance frock appeared when worn over this slip. I never realized before what a very ticoat slip has become. I shall save my

**FEMINISMS** 

By Annette Bradshaw



SHE-They say we should dress very simply during the war. Perhaps I had better wear the The camisole was of the chiffon ar- silver and emerald necklace instead of the diamonds.

### INCIDENTS IN THE LIVES OF FAMOUS WOMEN

BY ELOISE FARRINGTON. was hung the skirt of chiffon with the Why the Blind Ruler of a Famous Salon Was Amazed at the Last to Find Anyone Loved Her.

> In the days immediately preceding the out a dot. There was no love in the ical Neptune vibration. those days of luxury and license, which, was all she asked.

few women of brilliant talents violated the gay life of Paris. She accepted as nothing elaborate enough, and told Miss ribbon, and shoulder straps at the same all the common duties of life—and gave intimates two of the most profigate

very pleasant fittle suppers." to embarking on her career as a salon- then the regent. important part of the wardrobe the pet- iste, was a member of a family of very modest means. When she married M.

pennies and invest them in one before the street of the st

a power. It was one of the most viva- marquis had money and position, and clous of the aristocratic institutions of could establish her in Paris, and this business. A child born on this day will tightly that they looked like broomindeed, brought on that great revolution. Their married life was a short one.

Sidney Smith, the English cynic, compressed the essence of the Paris salon tence of living together, and the young pressed the essence of the Paris salon tence of living together, and the young into a phrase, "Under the old regime a wife plunged into the worst excesses of women of the capital, and won standing Mme. du Deffaud, rated one of the in the society of the day by winning most brilliant women of her time, prior favor in the eyes of the Duo d'Orleans, She went from victory to victory, her

easy. Life was one long, sweet song and all my follies."

of both, so she turned to literature and wit, and betook herself to the court of the vista of disagreeable possibilities cruelty upon his treatment of his wife which Lillian Underwood's words when he had described her because she man is,' Lillian said after a reflective commanding figures in French intellections of the court of the opened up to me. The subtle suggeswished to have her little daughter, pause. "He isn't a good man, but trals-life as Voltaire, Mile. de Lænay, tion that came from her lips was so Marion Morton, with her and had treachery to his country is something afterward Mme. de Stael, Mme. de Lænay,

the appeal promptly by clasping it with which I have been so proud, and which, my own. For to me Lillian is the incarnation of justice and of brave righteous
Note: I lillar for the most brighteous
Note: I lillar for the most brighteousliant men and women of the times. Her potatoes is more rare. Her words betrayed more than she realized. I saw that far from being Montesquien, d'Alembert, envoys from

that he did know of them.

"The people opposed to us have been bitterness into her wit, and her salon

She was looking at me searchingly as he asked the question. I bowed my lead in assent.

"He's Like Wax."

The prefexts. I haven't left the house for quirers.

It was not until that life, which had about an eighth of a teaspoonful of soda banisters.

One Cheese Toast Recipe.

"Those who like French toast may that tiny tetter of your father's. And moments, that its real tragedy was re-"Well, I was mistaken," she went on. I have replaced every paper of value vealed. As the woman lay dying she find cheese toast as appetizing and this liking for you was not a passing with bogus, misleading ones, while the heard her secretary, Wiart, weeping. I more nutritious.

ancy. I believe it was the truest feel- originals are on my person, stitched into "What," she gasped in surprise, "you

For more than half a century she had

(By Genevieve Kemble).

WEDNESDAY, JANUARY 16. With the sidereal forces rather weak n their operations it is a day for pursuing the even tenor of one's way, keep-

moving along lines of least resistance. Those who are in the employment of others should not endeavor to secure promotions, advances or favors from their superiors, and office, business, friends and relations should be cherished and protected. For all it would be advisable to avoid schemes and all manner of intriguing, as evil and disaster herein lie in ambush under inim-French revolution the Paris salon was match on the part of the girl, but the a power. It was one of the most vivamarquis had money and position, and alliences and position and alliences and position.

be industrious and successful.

BY ALBERT BARRETT SAYRES. Finding New Cheese Uses.

The value of cheese as an article of diet is too well understood by some families and too little appreciated by m so many others. That is, when a family much of it. Those who have used so little cheese that they scarcely know the six weeks she tired of it. And the marquis, seeing it, again left her and ton we should eat more cheese than Now Mme. du Deffaud had tried both we do. For cheese is an excellent meat omesticity and license, and was tired substitute and it is comparatively

cheese is made more digestible by being finely divided or dissolved and mixed with other foods. For instance: Your favorite cheese may be combined with your favorite cereal and The use of cheese melted and poured over the top or mixed with macaroni

she didn't waste time in reher own dislike of the task
ed to set me.

"The people opposed to us have been betterness into her wit, and her saion showed no deterioration.

Despite her blindness, the poor old by being melted. Long cooking ren-

more nutritious.

To two tablespoonfuls of flour add call out the floor and off you slid. two tablespoonfuls of water, mixing Sliderlegs took Betty and Dicky up them until perfectly smooth, then add and down every banister in the town. fe. And I am sure that it was his never out of reach of my most powerful known Paris friendships, but she didn't a little more water to smooth out. Now lit was so very funny sliding up and known real love, and now on the very add, this flour and water mixture to shooting down that Betty and Dicky know real love, and now on the very edge of the grave was incredulous of it. whole. Cook for five minutes over an slid this way and they slid that way open fire or about 20 minutes in a until when Sliderlegs slid them back double boiler. The last thing add a into mamma's front hall again they quarter of a teaspoonful of salt and both declared it would be a long time one-fourth of a cupful of grated before they cared to slide down any

# · CLARA MORRIS Says: That Selfishness Sometimes Stands Athwart the Road of Patriotism

Oh, Patriotism, what follies are committeed in thy name! Yes, I note the Rolandesque tang to that sentence, but it's quite uninten-nal. You see, I have—on account of my brand of patriotism—quarrelled with a rfiend, a thing that hasn't happened to me in several decades,

But we are now at war, feeling runs high, nerves are strained, and my friend has a small son, who has declared mine to be the "buillest big-man stories of all," thus flattering the to the limit. Yesterday I was telling the little man the story of young Nathan Hale, with all that wealth of detail, anent eyes, hair, clothing, weapons, etc., so precious to children, and my hearer's eyes had grown wide and bright at the taking-of-the-sloop innt, and he was swallowing hard when he realized the death Hale was to die, and his child's voice trembled as he inquired: "Didn't he ast 'em to shoot him in- that most people would recognize as

"Only to his country-not to any

"Ah!" I said, with lifted brows and

you for it with his soul. His service

to his country is to be measured by

"You really must not be vexed if

At that moment a pair of sturdy

that word, Auntie (courtesy title)-

and mother? Can't I-"
"You love and honor your mother,

my son, and-and, of course, respect

the law. That will be enough," she

"How wise." I murmured. "Then I

the country is in trouble, let the coun

are very free in giving other people's boys to the country's service because

Mother-agony, mother-triumph, mo-

The scrap was over. Women can't

quarrel after they have laughed to-

gether as we laughed then. The storm

Why have we no Mrs. Columbia?

FAMOUS SAYINGS

-To Althea from Prison.

-My Dear and Only Love.

n and Medical Author Se

EVERY DAUGHTER

NEEDS IRON

To put strength into her nerves

and color into her cheeks,

Richard Lovelace, 1617-1658.

To Lucasta, Upon Going to War.

could not love thee, dear, so much,

Stone wans do not a prison make,

Nor iron bars a cage; Minds innocent and quiet take That for a heritage;

Angels alone that scar above

Marquis of Montrose. 1612-1650.

He alther fears his fate too much

And in my soul am free,

Or his deserts are small, That dares not put it to the touch

To gain or lose it all

VERY WOMAN

EVERY MOTHER

Sir John Denram.

Enjoy such liberty.

Only a query was left behind

That gives one pause. Why?

THE ORIGIN OF

Lov'd I not honor more.

claim government protection.

try go hang-"

Miss Columbia!"

had passed.

the length of your apron strings.

"Famous," I prompte

the slow smile that's warranted

the A, B, C of patriotism."
"Well, it's a brand of patriotism I bear even the ignominious noose about don't approve of. And I'll thank you his strong young throat for his coun- not to teach my boy to place me try's sake, and that the cloud of shame second to any onethat it was meant should rest upon his name had changed to the golden glow person," I interjected, of pure patriotism that would never "I will be first with my son, country

"What's that? What's patriotism?" I have the first claim on it and his "Do you remember what a patriot He nodded, and, knitting his delicate turn feminine fur the wrong way. "Ah

"A person dear to God, and famous on your boy and then want him to par What Patriotism is. "Well, little man, patriotism is a natriot's devotion to his native land. His love for the great triumwirate, God, prefer my brand of patrilotism to country and 'the woman thou gavest yours."

In a moment I realized that I was going over the boy's head a bit, but young arms went about her waist and before I could hedge or simplify the an eager voice cried: lad asked quickly, eagerly:

d asked quickly, eagerty:
"Does that mean my mamma?"
"Does that mean my mamma?"
"Yes, laddie," I acquiesced readily.
Nathan Hale? Mamma he—he was "For you it will mean just that for a willin', willin' to be hanged to pay for "Am I a patriot if I love, oh, a big by the city hall. Can't I? You don't by the city hall. Can't I? You don't mind gettin' killed, 'cause God's awful lot of love, for mamma and my coungood to patriots, and they are are-

country and mother. When Nathan Hale I got no further. With flushed face and snapping eyes 'mamma' was 'in the big three I mean-God and country

our midst," exclaiming: "What kind of stuff is this that our're actually teaching to my boy?"
And, making one of those soft answers that never yet turned aside "Why, it's very good striff, my dear, trouble threatens—riot, strike— he can



THE TRIP INTO SLIDER TOWN. vere amusing themselves sliding down he banisters in the front hall, "Wouldn't it be great if we could Robert Paine was a true prophet when glossy, silky and soft, and look and fee slide up just as fast as we slide down?" he wrot

exclaimed Betty. "Yes, but who ever heard of sliding

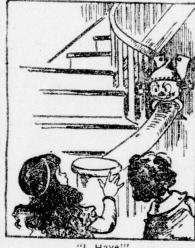
up a banister?" laughed Dicky. "I have!" exclaimed a squeaky voice, and down after them slid the queerest little fellow the children had ever seen. He looked just like Dicky's big rubber ball. His stocking cap and his little red coat tails flapped back of him as he came down like funny wings sticks bent under him like a hoop. His mouth widened into a broad grin

when he saw Betty looking at his funny legs. "Where I come from every one has

legs like mine," he laughed. "That comes from sliding down banisters, ou see. I'm Sliderlegs from Slider

"It's a great place." replied their uest. "We just slide down any place

And he would have slid away but tails and begged him to take them



Another thing we should remember big gate and tumbled into the centre is that cheese is cooked sufficiently of funny little Slider Town.

The correct proportions are And up the sides of each ran two

SUNLIGHT SOAP is made

Mr. J. McEwen of Dundas, Ont., writes:-" For fifteen years I suffered with Piles and could get no permanent cure until I tried Zam-Buk. Perseverance with this herbal balm resulted in a complete cure, and I have not been troubled with the psinful silment since."

Mr. Henry Fongere of Poulsmond, N.S., says:-"I suffered terribly with Piles and could find nothing to give me relief until I tried Zam-Buk. This cured me. I consider Zam-Buk the finest cintment on the market."

The above are specimens of the many letters we are constantly receiving from men and women who have Buk. Why not do likewise?

Zam-Buk is best for ecsema lood poisoning, ulcers, sores, cuts, ruises, and all skin injuries and iseases. 50c. box, all druggists Buk Co., Toronto. Send this advertisement with name of paper and one cent stamp for free trial box.

"Yes, mamma, they are famous in all ages. And can't I love the-the-What's

Have Dandruff

"No? Well, some women wear the crown of maternity but a few hours, dandruff will be gone, and three dandruff will be gone, and three dandruff will be gone. ther-despair, all crowded into a few solve and entirely destroy every single studendous hours. But even such a sign and trace of it, no matter how memory as that cannot change one's much dandruff you may brand of patriotism. Better let one's boy wear out in loyal service than rust out in selfish idleness. I hope good old and your hair will be fluffy, lustrous.

"Ne'er shall the sons of Columbia You can get liquid arvon at any drug "Oh!" shouted the little chap. "Is ounces is all you will need. This simp

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in correctly filling the recipes which appear on this page.

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Passing Fancy." I don't think I have ever faced any- lainy of the husband. Harry Under- Grace Draper, "so we have decided to thing more unpleasant in my life than wood had put the final touch of callous try life together."

with an appealing gesture. I answered suspect she is, all my personal work, of of Paris. breath at the very thought of the man

perfectly she didn't waste time in re-

ness. I was sure that she would ask

At that time I had disliked and had she intended to set me. dreaded Lillian far more than her husband. But time had proved to me the sterling worth of the wife, as it had clearly demonstrated the caddish vilwith every new attractive face?

What Lillian Fears. Much water had run under the bridge since that, memorable night at the theatre when Harry Underwood lounged in his wife's wake down to our seats and I first met his bold black eyes booking at me with an admiration which is wouldn't be since that, memorable night at the since that, memorable night at the realized. I saw that far from being blissfully ignorant and unsuspecting of her former husband's possible knowledge of the secret hiding-places in her library, Lillian had a very lively fear that knowing I realized her emotions at me with an admiration which it wouldn't be realized. I saw that far from being dissiply ignorant and unsuspecting of her former husband's possible knowledge of the secret hiding-places in her library, Lillian had a very lively fear that he did know of them.

Her words betrayed more than she realized. I saw that far from being dissiply ignorant and unsuspecting of her former husband's possible knowledge of the secret hiding-places in her library, Lillian had a very lively fear that she wouldn't be realized. I saw that far from being dissiply ignorant and unsuspecting of her former husband's possible knowledge of the secret hiding-places in her library, Lillian had a very lively fear that she wouldn't be realized. I saw that far from being that's well worth adopting for nourishment and to please the palate. They better with the loss of sight neither cast a cloud over soup. It is especially library, Lillian had a very lively fear that who was stricken by the control of the care.

"I have!"

The ltalians have a cheese habit that's well worth adopting for nourishment and to please the palate. They be serve grated Parmesan cheese to sprinkle over soup. It is especially library, Lillian had a very lively fear that she will an admiration which that she will be realized. I saw that far from being that she will all the climb that the library is all sliderlegs.

About 1750, at the very height of her career, Mme du Deffaud was stricken by being that she will be realized. I saw that far from being

she intended to set me.

"You remember in the old time that Harry was strongly attracted to you, and that I told you not to be disturbed by it, because he fancied himself in love or three attempts to get in on various chamber was crowded with friendly intended to set me.

Despite her blindness, the poor old ders it tough.

The addition of soda causes the around everywhere as if they were on sharper was crowded with friendly into the last day of her death, the ante-the dissolve more readily and skates. The house were all built consequently to be more described.

The addition of soda causes the around everywhere as if they were on skates. The house were all built consequently to be more readily distinct the house for quirers. pretexts. I haven't left the house for quirers.

ing, for all its treachery to Dicky and my clothing in a manner which I think love me, then? then, that he ever experienced in his will defy anyone's detection. And I am For more that

indifference, if not actual dislike. She touched lightly the small silencer or him that actuated his joining forces pistol lying on the table beside her, and Into my mind there flashed a sentence or which had come to be before at the had read in that last callous farewell sight of it. But I had no time for letter of Harry nderwood to the wife who had stood by his shortcomings so speaking tube which connected Lillian's aunchly.
"I can't have Madge, she can't have note that I feared spelled a more im-Dicky," he had written in reference to minent peril.

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quis de Deffaud, she came to him with- constantly bored," she wailed. "Hence likes cheese the tendency is to eat too Adele Garrison's New REVELATIONS OF hirl that she turned to the novel idea. f resuming her marriage in a six weeks' whether or not they like it, eat too little with him. What Madge Thought of When Lillian Said Harry Underwood's "Liking for You Wasn't

bizarre, so incongruous with the temperament of my friend that I'm afraid

| I never dreamed could be in his make| I never d Underwood and Grace Draper were in in the hands of the man or woman who the pay of their country's enemies?

In the hands of the man or woman who the pay of their country's enemies?

In the hands of the man or woman who the pay of their country's enemies?

In the hands of the man or woman who the pay of their country's enemies? Lillian reached her hand toward me woman evidently has him in thrail at wit' in the Convent of St. Joseph, in some fat, or may be baked as a souffle, with an arreading casture. I approach the present time, and if she's what I the heart of the then fashionable quarter.

TOMORROW'S HOROSCOPE

"Slider Town!" exclaimed Dicky. " never heard of such a place! we want to go. We never walk. "How do you get up, so you can slide down?" asked Betty. "Slide up!" laughed Sliderlegs.



with legs like Sliderlegs, were sliding

"This side up." The other read:

Whenever you wanted to get off at a

cheese, and pour over toast.

This is but one of the many ways to serve cheese in unusual forms, both to please the palate and to take the place of meat in the family diet for some one meal.

Before they cared to slide down any cheese, and pour over toast.

They thanked Sliderlegs for his sliding from the sweetest and choicest of edible oils and fats. It contains no harsh or strong ingredient. It is the purest and mose efficient of soaps and, if used judiciously, the most everywhere.