By Winner

DAILY PAGE FOR EVERYBODY

WHERE HE IS

Secrets of Health and Happiness

The Right Kind of Work the Very Best Aid to Well-Being

By DR. LEONARD KEENE HIRSHBERG.



ability in this respect, the human fibres are able to lend something to effort; even an under-nourished, weak or chonically ill individual has some reserve power with which to combat the evil forces of sickness.

Plainly, then, the work or fight law has value over and above directed contributions to/win the war. If a man is busy and occupied in the highest employment of which his nature is capable he will live in health long enough finally to die with the consciousness that he has done his best. Macbeth averred that "the labor we delight in physics pain." When a man 24 hours after a major operation writes a literary masterpiece and simultaneously masks the heart-racking pains he would otherwise feel, he proves that physical endeavors are a solace to unpleasant sensations as well as a tonic to the tissues.

Of course there is such a matter as too much of a good thing and a few misguided persons as is wonderfully expressed in Hood's lines:

"Stitch! stitch! stitch!

Till the brain begins to swim; And work—work—work—
Till the eyes are heavy and dim."

Till the eyes are heavy and dim."

Happily there are few such cases and health seldom succumbs to over-work. Rather, overplay, too many pleasures, too much fun and other excesses of enjoyment are guilty of ser-lous damage to your better parts.

Work is Medicine.

Well directed labor is frequently the method applied in hospitals for the good for the bee.—Meditations. insane to cure melancholias, manias, delusions and lunacy of one sort or another. The urgency of want often another. The urgency of want often in the performance of every act of life.

—Meditations. conquers pain, privation and suffering,

and work does the same.

Though you may have a poor wage, and small thanks for your labor, your muscles, your stomach, your intestines, your flesh and blood are given richer reward in the way of vibrant

health.

When Cervantes in his preface to "Don Quixote" pokes fun at the idleness and laziness of "gentlemen knights" and says "they can expect nothing but labor for their pains," he meant more, perhaps, than he thought. Indeed, a system of therapeutics—the treatment of ill-health—might well be built upon such a method.

Always Be Busy

Always Be Busy. Labor is good for pain and trouble. Instead of weaving trellis work or joveities, as many psychiatrists ad-jise in hospitals, tilling the soil dig-ging mines, going down to the sea in ships making munitons selling Vicbonds, manufacturing or selling essities, bulding ships and other useful work are preferable

Finally, merely to perform your

CIGARETTE

ful a burn of this kind can be. Just emear on a little Zam-Buk and it will give you no more trouble. Even a little burn, if neglected, may develop into a very sore place, as Mr. J. A. Savard, of Doucet, Que., found. He says:

"I burned one of my fingers with a cigarette. I applied some ointment and thought it would be all right, but instead of getting better it got worse, until the sore covered the entire top of my hand. I suffered such pain that I could not sleep, and tried everything I could think of but could not cure it. "Finally a friend recommended

Zam-Buk, which gave me wonder ful relief, and the continued use of it completely healed the sore." For cuts, blisters, rash, eczema ulcers, blood-poisoning and piles Zam-Buk is equally good. All



Try TETROL, 25c BRUCE WALLACE

GIRLS! WOMEN! TAKE CASCARETS

They liven your liver and bowels and clear your com-

alone" which her tade, demanded.

Now the grandmother lay dying, and I was sure that if the little girl went through the awful experience of seeing her grandmother dead or dying—for death is a sight no child should witness—the shock would have lasting, perhaps tracerable effects. Don't stay headachy, bilious —the shock would have lasting, perhaps irreparable effects.
Lillian, I feared, was too absorbed in her little daughter to use correctly the keen judgment which was habitually hers. And the sight of Marion's pinched, bloodless face, her twitching eyelids, had borne in upon me the conviction that she ought to be removed from the house of death as quickly as possible. with breath bad and stomach sour.

Get a 10-cent box now. enjoy the nicest, gentlest liver and howel cleansing you ever experienced. carets will liven your liver and clean your thirty feet of bowels without grip-ing. You will wake up feeling grand. Your head will be clear, breath right, ngue clean, stomach sweet, eyes -they're wonderful. Get a 10-cent box safely give a whole Cascaret to children any time when cross, feverish, bilious,

A. B., M. A., M. D. (Johns Hopkins Uni versity.) The bow too tensely strung is easily broken. This is largely true of human fibres. It is, however, equally dangerous to leave the bow long unstrung. The edge of life becomes as rusty from disuse as it becomes worn from overuse.

The ability of the human textiles to ward off disease, dangers and accidents and you will have a consolation great enough to cure some of the ailments which human fiesh inherits and acquires.

Answers to Health Questions

The Origin of Famous Sayings

Remember this-that there is a prope

Today's Fashion



THE OSTRICH FAN RETURNS.

A fan used to be considered as neces sary a part of a woman's adornment as gloves or jeweled comb, and in earlier imes no evening costume was complete without one. A gaily-colored fan often supplied a splash of color to relieve a strikingly sombre costume, and it per-mitted graceful attitudes. It is, therefore, a charming return to a really beautiful fashion to adopt once more the graceful ostrich feather fan. These come in many wonderful hues. and a fan of many tints and shades of



There's a tremendous interest these days in geography. Strange names of far places sound on halting tongues and from dusty corners atlases and globes are brought forth that eyes at least may gaze upon the spot on the map where HE is now. Sometimes it isn't simply to discover the place, but when LOVE looks with Cupid's help it's easy to find

ou May Beautity Your "Housework Hands', BY LUGBEZIA BOB! housework should keep within convenient reach in the kitchen a small stick of cocoa butter. It costs only a few cents, but if you rub it into the hands several times a day after having performed some rough work in which the hands were long immersed in water, the cocoa butter will supply to your dried hands the additional oil which is needed to leave them got and pitchla. How You May Beautity

Many women who are doing their water, as this will only chafe the skin.

Own housework for the first time are A mixture of a little raw cornmeal and complaining against the dire effect some sour milk will not only thereughly cleanse the hands, but also whiten and which it inflicts on once lovely hands. A few weeks of housework—and lo, the which it indicts on once lovely hands. I cleanse the hands, but also whiten and A few weeks of housework—and lo, the lily white skin and rosy nails are rough and coarse, and distress signals are flashed. How shall the work-roughened or rough skin, and will whiten the hands be restored to their former snowy

Here, also, prevention is better than cure, for with a little attention, what might be called "the housework hand" can be avoided. The hardness and the roughness characteristic of neglected hands comes not from too much housework, but from too little care of the hands that perform all sort of manual labor about the house. Chief of these careless habits is the "soda habit."

It is true that soda is an excellent cleanser for many household purposes. cleanser for many household purposes, but there is no reason why it should be used for every cleansing purpose in the household, from dishwashing to floor scrubbing.

Of course, occasional immersion of the hands into the necessary tub of soda-diluted water will not harm, if it is fol-lowed by a generous massage of the hand with a good ointment kept for the purpose. But avoid the soda water whenever you can if you wish to prethe same color is an especially popular style, as it harmonizes with almost every color of costume. Here is one that is made up in a number of blue tones, varying from delicate azure to deep midnight blue, one of the season's most fashionable shades. The flues are of medium length—not too long, as it would make the large fan clumsy. hands, the careless habit of rushing out-

ADELE GARRISON'S NEW

REVELATIONS OF A WIFE

Why Madge Determined to Take Marion Into Her Own

More than 190 canal boats are regularly navigating the creeks and tribudaries of the Thames. Among them 56 carry families aggregating 256 children.

a little milk left over at night you can use it as a hand whitener simply by warming it slightly and immersing the hands in it for a few minutes.

Every woman who does her own

1/2 ounce of glycerin Melt in a double boiler and add rose-water to make up eight ounces. If desired, scent with ten drops of oil of orange flower or some favorite perfume.

hands

Where Battleships Become Land Forts in Winter.

Where Battleships Become Land Forts in Winter.

The fate of Manchuria, the encroachments of Russia during many years, and the casting out from that land of Russia, by the Japanese, and the situation of this rich province during recent years, are matters that memory plays with when considering the condition of Russia today. Furthermore, it rises pointedly to mind when looking forward to what this country and its allies will do for Russia.

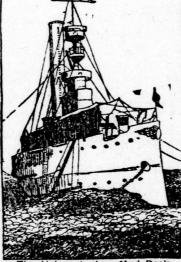
This is why it is of interest to remember that not so long ago the United State was compelled to help patrol the seas near Port Arthur, and from this necessity arose—and to other nations there now arises—an interesting condition. Port Arthur isn't a land where the

simple mixture is the following:

½ ounce of cocoa butter

½ ounce of almond or olive oil

½ ounce of curd soap



did so or why.

I brought the hot milk, saw that Marion drank it, and waited quietly by the bedside until the child's convulsive twitching ceased and she dropped into a quiet slumber. Then I rose and quietly removed the heavy cover from both mother and child.

"She will be all right now." I whispered. "Don't attempt to leave her. I will attend to everything Katherine wants."

While the faculties and abilities will be keen, alert, and sagacious, external forces may operate to thwart and defer. Under this probability it would be wise to put off important matters until a more auspicious occasion. Those in employment especially must be on guard and refrain from jeopardizing their positing favors, promotion or increase of salary.

they're fine myself. They give us Sunshine Fairles a little time to rest a bit."

"Are you a Sunshine Fairy?" asked Doris, as the tiny fairy sat down on the window-sill.

"Yes, indeed, I am!" laughed Sunshine Fairy. "Yes, indeed, I am!" laughed Sunshine Fairy.
"Then what are you doing out on a cloudy day?" Doris asked. "I thought on rainy days the Gloom Fairles were the only ones outdoors."
"Outdoors, yes," laughed Sunshine Fairy. "Rainy days are the work days of Sunshine Fairies. We have to go about polishing people's glasses for them."

them."
"But I don't wear glasses!" exclaimed Doris.

"Certainly not," replied Sunshine Fairy, "but you are looking through smoky glasses just the same. Now, look out of that window and tell me just what you see."

Doris turned once more to the window and looked out on the sidewalk. dow and looked out on the sidewalk. Instead of raindrops falling on the sidewalk, Doris saw hundreds and thousands of tiny little people sliding

Canada Food Board Licenses 11-003 14-116. HAVE you tasted McCormick's Jersey Cream Sodas made from Government Standard Flour according to Government regulations? They're crisp, full of flavor-altogether delightful. A wholesome and economical food. Sold fresh everywhere. In sealed packages. Jersey Cream Sodas Factory at LONDON, Canada. Branches at Montreal, Ottawa, Hamilton, Kingston, Winnipeg,

Dunlop and Auto History

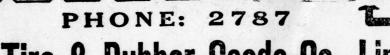
Practically speaking the automobile has been in existence in Canada only since 1903.

¶ Years before that we made hundreds of thousands of tires for the bicycle.

And since that time we have made hundreds of thousands of tires for the automobile, until the manufacture of Dunlop Auto Tires-"Traction," "Special," "Plain"—has become a big industry in itself. To you it is as important that Dunlop preceded the automobile as it is that Dunlop grew with it-became an every-day factor in this new utility of the nation.

The automobile knows no better running matethan Dunlop Tires.

Dunlop Tire & Rubber Goods Co., Limited



Dunlop Tire & Rubber Goods Co., Limited

342 Richmond St. - LONDON

evelids, had borne in upon me the conviction that she ought to be removed from the house of death as quickly as possible.

"I'm So Cold."

But the decision, the mental submission to the opinion of others which had been mine for so many months, clung business, not mine.

After all, Marion was distinctly Lillians business, not mine.

Then the selfshnows of my attitude flate and tittempt to leave her. It will attend to everything Katherine flashed upon me like a revelation. Lillian, whether she were conscious or it or not, needed alf-Lillian, who had flashed upon me like a revelation. Lillian, whether she were conscious or it or not, needed alf-Lillian, who had here friends when her clear brain and accurate judgment were needed.

The convergence of the fractites and abilities will attend to remove that a distinct with the fractites and abilities will attend to or why.

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While the faculties will down

Head Office and Factories: TORONTO Branches: Victoria, Vancouver, Edmonton, Calgary, Saskatoon, Regina, Winnipeg, London, Hamilton, Toronto, DORIS BECOMES A HELPER OF THE SUNSHINE FAIRY. Doris flattened her nose against the vindow-pane and watched the rain-Ottawa, Montreal, St. John, Halifax. drops patter on the sidewalk.

"Oh, dear me, it always rains when I want to play outdoors," sighed Doris.

"I just hate old, wet, rainy days!"

"I'd like to know why?" laughed a merry voice at Doris' side. "I think they're fine myself. They give us Sun-The Dunlop Line consists of High-Grade Tires for Automobiles, Motor Trucks, Bicycles, Motorcycles, and Carriages; and High-Grade Rubber Belting, Packing, Fire Hose and General Hose, Dredge Sleeves, Military Equipment, Mats, Tiling, Heels and Soles, Cements, Rubber Boots, Golf Balls, Horse Shoe Pads, Moulded Rubber Products of all descriptions, Agricultural, Plumbers' and Railroad Supplies, and General Rubber Specialties.

"Hot water bag and a restorative?"
I asked the question of Lillian quietly, throwing off my hat and wrap as I did so. Her eyes were anxiously searching her little daughter's face, but she gave me a signal of assent with her head, and I went swiftly out of the room.
Luckily I am familiar with every cranny of Lillian's menage, so it was but the work of a few minutes to gather together all the things I thought she might need. As I worked my mind busied itself with the problem which Marion presented.
I knew that she was an intensely nervous child, had been so from birth. And the strangeness of her upbringing, her separation from her mother, her father's indifference, her loneliness, save for the feeble grandmother whom she adored—but who couldn't take proper care of her—had thwarted her chances for normal, healthy childhood.
From babyhood she had been her grandmother's idol and her grandmother's arms closely holding her, the child was murmuring faintly: "Oh, mamma, I'm so cold!" Over and over again she spoke the words, and I could see her slender little figure tremble with the nervous chill that had seized her.
I tucked one hot water bag against her back under the robe, and laid the other upon the sheets of the bed. Then I heid the tiny glass of restorative to hungry for the baby of whom she had been deprived so long to see that the little child her mother heart was too hungry for the baby of whom she had been deprived so long to see that the little girl had the judicious "letting alone" which her taut, childish nerves demanded.

Now the grandmother lay dying, and I was sure that if the little girl went.



"Get into bed with her," I whispered authoritatively to Lillian, "and I will pile the covers on. Then I'll hurry back with a cup of hot milk. As soon as we get her warm she will be all right."

Lillian looked across her child's head at me with eyes that were both grateful and understanding. There was something more—an approval that was sweet indeed to me. It was an expression which I had missed from my friend's eyes, for which, subconsciously, I had longed without knowing either that I did so or why.

I brought the hot milk, saw that keen, alert, and sagacious, external