DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

ill a Mental Picture of Black Help to Relieve Pain?

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

mental imagery.

Balsam peru ½ dram
Camphor ½ dram
Green soap 1 dram
Lanolin ½ ounce
Vaseline ½ ounce

carpine ... 1 dram
Tincture cantharides. ½ dram
Tincture of capsicum 1 dram
Quinine sulphate ... 1 dram
Rose water ... 1 ounce
Distilled water ... 3 ounces

Fluid extract of pilo-



events and things. But you cannot re-member pain. Try as you may, a pain is not impressed upon your mental cosmes. The pangs

real sensation of pain. The color, if it can be called a color, which, it appears, is easiest to see perfectly, is black. A Perfect image.

To relieve pain, according to Dr. Bates, you are to close your eyes, cover them with the palms of your hands, and thus shut out all light. Most individuals with good vision and a little practice are soon able to train themselves to picture a perfect black. When black is seen perfectly, Dr. Bates maintains, a temporary relief, which may become permanent, soon follows. It is said that teeth have been drawn, bullets extracted, broken bones set, and surgical operations have thus been performed.

The senastion of cold, heat, fatigue,

Suffer cold.

A soldier may succumb from weakness on the march, but he will not feel exhaustion if he thinks of black.

Reason Not Clear.

Why the memory of black should behave so beneficially as a human anesthetic is not yet clear. It is, however, evident that the textures of mankind are apparently less disturbed by pain whenever the attention and the whenever the attention and the thoughts are directed at something else and away from the physical distress.

These it seems, can only be remem-

MY SOLDIER HUSBAND ADELE GARRISON'S CONTINUATION OF

REVELATIONS OF A WIFE

What Dr. Pettit Said When Madge Told Him She Was Going To Find Work.

"To speak plainly," Dr. Pettit said ence. As if a curtain suddenly had been avely, "your father has very little lifted from his soul I saw that Dicky's oney at present. His check to you objections to any outside work for me, iped out most of his bank balance, and his flippant opposition to any self-de-

BUNNY RABBIT FINDS LUCK.
Bunny Rabbit looked around the little
village of Bunnyville and sighed. It the salon of a great designer, I should had been one dreadful dark, long, cold Memory is a wonful thing. You can
remember easily
happy, interesting,
useful, valuable
events and things.
But you cannot rebered thoroughly when mental control
is absolute; when the buil's eye of
your attention is shot directly at black.
So simple an anesthetic or a counterirritant is a memory picture of perfect
black that it is logical and advisable
for those who do or who may suffer
pain to practice this use of their
Bunny Rabbit's mamma handed him
their last plece of carrot, and told him
to take it over to old Grandad Grey
Rabbit, who was very ill from lack of winter, and the ground was still white proper food.

> "He needs it more than we, perhaps," Answers to Health Questions sighed Mamma Rabbit, who was always thinking about someone else before her C. P. Y. Q.-Kindly advise what to

carry the scraps from her table to my people."

But when he told Grandad Rabbit his thoughts, Grandad only shook his head and sighed.

"Braver Bunnles than you have attempted to cross those hills, and we've never seen them again," he sighed.

"Dangers beset rabbits on every side these days. Better not risk it."

Bunny Rabbit laughed away old Grandad's fears and started on his journey that very afternoon.

"Always remember, Bunny, dear," said his mamma, kissing him good-by, "that kindness and goodness are sure to be followed by luck. Mind your own business, keep your eyes open, your ears up, and never hesitate to help one in distress, and you'll never come to MRS. E., St. Thomas: Q.—Kindly tell me what to do for falling halr.
A.—Rub a little of the following into your scalp three times a week:

distress, and you'll never come to M. R. B., London, Ont.: Q.—Kindly advise what to do for a baby that always has phlegm in its throat?

A.—Have the baby's nose and throat examined, and if necessary have the adenoids and tonsils removed.

ears up, and never nestate to help one in distress, and you'll never come to harm."

Whistling merrily, Bunny Rabbit hopped away.

He hadn't gone far into the valley when he met old Red Fox, his enemy, crying bitterly. A log had rolled over on his tail while he was sleeping, and he couldn't get it off.

Bunny Rabbit, forgetting everything but his mother's words, lifted the log from off Red Fox's tail.

Red Fox, without even so much as thanking Bunny Robbit, ran away into the woods as fast as he could go.

"He might have eaten you!" exclaimed a voice at his side, and Bunny Rabbit turned to see Granny Chipmunk bending under the load of a heavy basket.

basket.

Bunny Rabbit, forgetting about his hurry to find food, stopped long enough to carry the heavy basket home for Granny Chipmunk.

"One never accepts pay for a kindness done a friend," laughed Bunny Rabbit when Granny Chipmunk told him she was too poor to pay him for his trouble. "Just the fact that I've really been of help pays me." As he started away Granny Chipmunk slipped a tiny



By Generieve Kemble

WEDNESDAY, NOVEMBER 27.

BACK-ACHE!

The planetary positions for this day re indicative of some slight approx

wiped out most of his bank balance, and his income is just now a very small one compared to what it has been. The bulk of his fortune, unfortunately, is invested in securities, which, because of the war, are practically worthless now, although some of them may regain their value later on. But he will be compelled to retrench his mode of living, and he has asked to be given work again in the service, in whatever place they can use him."

"Oh, Dr. Pettit!" I cried. "You don't mean he's going to try to work again? "Nevertheless!" I returned with more mean he's going to try to work again? decision, for opposition always makes

obliged to do it, but it will not kill him, probably not even serlously injure him."

"But surely it's unnecessary." I protested. "In just a few weeks I shall be able to go to work, and if Dicky gets well as quickly as you predict I shall be able to pay back to my father out of my own money what he has expended for me. Of course, I cannot pay it all back at once, but he parhaps may not need it in that way—"

"It's Unthinkable."

As I spoke of going to work, Dr. Pettit uttered a muffled exclamation to which I paid no attention. Now he interrupted me ruthlessly, emphatically. "You! Go to work! It's unthinkable! Neither your father nor your husband should permit it—will permit it—for an instant!"

I stared at him curiously. His words, I knew, were prompted by a very real regard for me, a feeling which longed to protect me from hardsnip. But there was something else behind his vehem-

"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win the War.

CY ALBERT BARRETT SAYRES.

too many amateur gardeners are refer the impression that fertilizers the first and last word in soil ferThey seem to believe that when have added a centain. Learning Principles of Soil Fertility. nder the impression that fertilizers to your own garden can you increase its productivity in the spring with increasing demands upon the individual food producer. iai there their responsibility and op-

ortunity ends. As a matter of fact, with fertilizers the chance of increasing soil productivity simply begins. The chief need for soil fertility is tions:

Saving Eggs and Milk. Eggs and milk in making cake may be conserved by the following sugges-

The chief need for soil fertility is the moisture supply. This may require trigation in arid climates or draining in climates where there is frequently too much water.

Second in the list stands lime, which spells the proper balance between the acid and the alkaline constituents of the soil.

In every soil there should be maintained a fair amount of decaying organic matter which is essential to the nitrogen supply.

Next comes tillage, deep and thorough, which stirs up and makes fine the soil, incorporates mapures and fertilizers that are added, and contributes to general ventilation and sanitation.

And last come the fertilizers of commerce. What these shall be depends upon the soil and on corps that are to be grown.

So we see that of all these necessities of, the soil the last and perhaps the least, is fertilizers. Therefore, if

DIARY OF A FASHION MODEL

She Describes a Striking New Gown and Tells Why Necklines Are So Important.

When I was a little girl, if anyone have smiled an unbelieving smile and, and told me that the queer wool things shaking my bronze curls, I would have said: "No, no!" Yet this has indeed come to pass.



One of our most admired frocks is made of a strange material called "satin antique." It looks like dull green leather, just the color Rosalind wore in the forest of Arden. But this shiny material is merely the background for "staging" a scarf and cuffs of dark emerald green wool crochet in an open block stitch.

block stitch.

The scarf, which rolls a bit at the back like a collar, becomes two stole-like ends in front, that pass beneath a fascinating belt of green leather, studded with silver nail heads. The ends of the scarf are finished with a fringe of the wool zephyr. Deep cuffs set a few inches above the wrist hang straight across the arm and end in fringe. arm and end in fringe.

arm and end in fringe.

A row of satin antique buttons runs from the nape of the neck to the heel of the shoe, in a delightful sweep of line. The pointed apron gives madame a chance for Georgette lining, though this time she chose the same shade of green. This apron buttons at the back with a large button, or it may be worn loose, when it will cascade at the sides in the most charming overskirt.

All the girls are crazy about this costume. It is liked by the actresses and by the society women. Some of them hardly take time to choose their clothes. "Oh, you know what I want," they say, and off they go.

"I am going to write a treatise on

and off they go.

"I am going to write a treatise on throats and how to take care of them—take care of them with the proper collar finish," laughed Miss Jean. "The neck line is the all-important part of a gown, remember that."

The hat chosen for this gown is black duvetyne—that lovely suede-like duvetyne—trimmed only with a band and a born of black grossgrain ribbon. The ribbow of black grosgrain ribbon. The rib-bon slides through a tiny sliver buckle in the front, which answers the high light of the nail heads on the belt.

Writes About "Little Sister's Loss." Copyright, 1918, by Newspaper Feature Service, Inc.



in such a cruel world as this.

And what is it all about, she wonders.

Her sister was good and kind and beautiful and very happy. Why must she go when so many, who are not good and not kind and not beautiful, and not even in the least happy, stay on and make themselves and all the world miserable?

Her sister was patient and forgiving—oh, how forgiving she was!

Little Seventeen-Year-Old was often trying, she can see it now, though she didn't mean to be unkind. She wouldn't listen when Big Sister tried to tell her what to do.

And Big Sister was a little interested in the minister, and used to sit in church and look at him with such great big eyes, and blush if he looked at her, and seventeen-Year-Old laughed and made some verses and teased her about it, and used to imitate her and try to pretend to blush, too, and once—that was just before she was taken ill—Big Sister cried about it, and little Seventeen-Year-Old laughed and made some verses and planed them to the tablecloth so that the whole family could see them, and Big Sister almost sank into the floor. And now! little Seventeen-Year-Old laughed and made some verses and planed them to the tablecloth so that it, and used to imitate her and try to pretend to blush, too, and once—that was just before she was taken ill—Big Sister cried about it, and little Seventeen-Year-Old laughed and made some verses and planed them to the tablecloth so that it will be should be the sand be underly be about the mount of the

sked to be given work again in the service, in whatever place they can use with the kindly, tender chivaling. On the course with the kindly, tender chivaling of the young physician's manner.

"Why, I thought he had sarreed to your verdict and that of the Government physical and that of the Government physical and that of the Government physical and that of the physician agreed." Buttle, were at an end."

"True," the physician agreed. "Buttle, hadn't then foreseast an end."

"Ou are taking from you," I said, being the child was a young fit the child was young the work." I exclaimed passionately. "He's a broken-down old man, It would at the work." I exclaimed passionately. "He's a broken-down old man, It would an advertent admission of the mental was a wind to go back to the work." I exclaimed passionately. "He's a broken-down old man, It would an discreting it to story." Dr. Pettir spiled. "Of course, it work." I exclaimed passionately. "He's a broken-down old man, It would an discreting it to story." Dr. Pettir spiled. "Of course, it would not finish the must not yo back to the work." I exclaimed passionately. "He's a broken-down old man, It would a work the least because of the the elist was to shall be work." I exclaimed passionately. "He's a broken-down old man, It would a work the least because of the the elist was foreward that the course of the work was and when they were the probably not even seriously injure him." "In think you're putting it too strong the course of the work was about the excent and the work of t

Little Seventeen - Year - Old has just lost her dear sister, just two years older than she, and her heart is broken.

She doesn't want to live, she can't take any interest in anything any more. She wonders how people can go on laughing and telling stories how people can go on laughing and telling stories rid as this.

And last night the boys went out and stayed downtown late just as if nothing had happened, and Little Sister doesn't see how they can do it.

She never wants to go anywhere again, or see anybody, and she wants to wear black, deep black, for she knows that never again will she want to laugh or sing or dance or make merry with the rest of the heartless, carless world.

The Duty of Life.

Poor Little Sister, my heart aches for her.

Unheralded Heroes of the War

By MARK ANDREWS

How a Former Circus Clown Rode a Motorcycle Through a Barrage With a Vital Message.

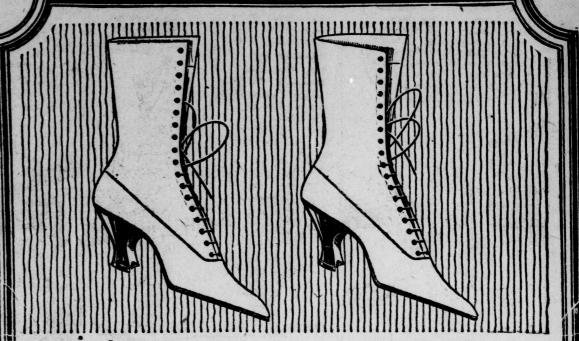
The planetary positions for this day are indicative of some slight annoyances and uncertainties, rather than of any definite malevolent visitation, though a certain degree of caution is called for in all dealings, particularly in the matter of signing letters, papers, deeds or contracts. There is some slight possibility of fraud and deception, though the aspect isn't a strong one. Under the Lunar semi-sextile to Saturn there will be a passing away of some long-standing and thwarting conditions, this deliverance leading to certain achievements and successes which have previously been meeting with obstacles and unfulfillment. This aspect also brings with it industry, patience and perseverance, qualities necessary to off-set the unpromising position of Mercury squared by the Moon.

Those whose birthday it is may be called on patiently to overcome obstacles on patiently to overcome obstacles on patiently to overcome obstacles on patiently to overcome obligation on this day may be inclined to restlessness and unsettledness, but may well be kept in the employment of others.

Those whose birthday it is may be called on patiently to overcome obligation of the called on patiently to ove







Two Model Lasts for Women who prefer a long vamp with narrow or medium narrow Made in all leathers 8 inch or 9 inch height, Louis or Cuban heels, \$6 to \$22.

True Economy in Stylish Shoes

THE woman who likes shoes with a long vamp and a slender toe, will be well pleased with the two A. H. M. models shown above. You can obtain smart boots on either last with Louis or Cuban heels in black or tan calf or kid at prices ranging from \$6 to \$12.

The quality of the material in these shoes is better than you might expect at the price, due to our being able to cover our needs well in advance. We doubt if it will be possible to offer equal value again so long as the war lasts.

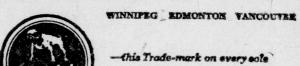
The model on the left is conservatively narrow in the toe with the population lar Louis heel. The other model is more extreme in style effect having a somewhat narrow toe and a higher and more tapering heel.

You may be certain of getting style value and practising true economy when you ask your dealer for these A.H.M. models.

A.H.M. War-Time Selections offer special Service Value for Men, Women and Children. Ask your dealer for them.

AMES HOLDEN McCREADY

"Shoemakers to the Nation" ST. JOHN MONTREAL TORONTO



Profitable Investment

An opportunity to obtain on very favorable terms a sound Investment Bond with a stock

A First Mortgage on property and assets valued at over three (3) times bond issue. Mortgage limited to present amount. Large semi-annual sinking fund providing for redemption of Bonds. Attractive annual interest return with regular payment assured by large earning power and unlimited market. Stock bonus which entitles holder to full proportionate distribution of profits.

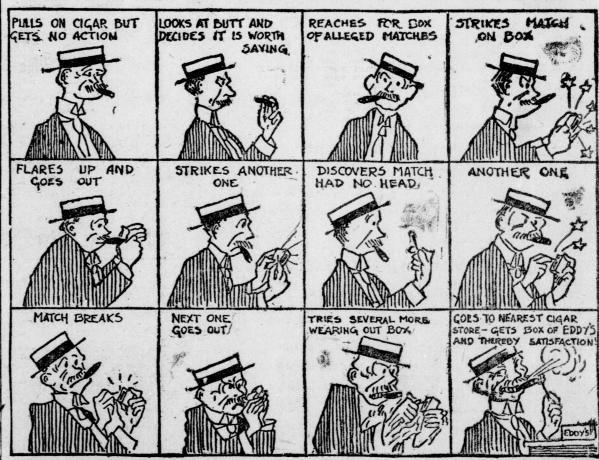
Purchase may be made for cash or by periodical installments.

Send for particulars.

Royal Securities Corporation

164 ST. JAMES STREET, MONTREAL.

MOVIE OF A MAN GETTING A LIGHT



Apologies to Briggs MORE TRUTH THAN POETRY

WHEN you want a quick, sure light, remember this: Eddy's Matches have been standard in Canada since 1851: and since the assessment of the heavy tax on all matches (good and bad alike) it is more to your interest than ever to see that Eddy's name is on the box.

The E. B. EDDY CO. Limited, HULL, CANADA

Also makers of Indurated Fibreware and Paper Specialties