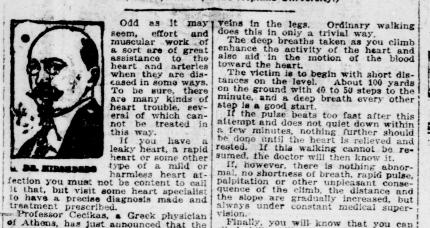
DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

How Crawling May Relieve Mild Forms of Heart Disease

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



the slope are gradually increased, but always under constant medical supervision on all fours to relieve various heart symptoms has been triumphant over many kinds of cardiac distress, the tells how eight persons, who were lie great paroxysms of rapid heart best. The quadrudged of the viscera change their relations to each other; the heart is moved by the force of gravity into a different perpendicular and twist, its axis is changed, and the gases or pressure from the stomach and abdomen are withdraws. All of these remedy several disturbances of the heart.

One patient of 32, emaciated by dysentery, found this form of exercises the only means to check his rapid heart beat. Other victims were corpulated and suffered from a tendency to dropsy of the lungs and anging of the heart is moved by the only means to check his rapid heart beat. Other victims were corpulated in the collection of the suffered from a tendency to dropsy of the lungs and anging of the heart is moved by the only means to check his rapid heart beat. Other victims were corpulated in the stomach of the dropsy of the lungs and anging of the heart is moved by the only means to check his rapid heart beat. Other victims were corpulated in the stomach of the dropsy of the lungs and anging of the heart is moved by the only means to check his rapid heart beat. Other victims were corpulated in the stomach of the dropsy of the lungs and anging of the heart is moved by the only means to check his rapid heart beat. Other victims were corpulated in the stomach of the dropsy of the lungs and anging of the heart is moved by the only means to check his rapid heart beat. Other victims were corpulated in the stomach of the stomach of the dropsy of the lungs and anging of the heart is an initial to a cape, they were immediately at ease.

Immediate Relief.

Immediate Relief. Another sufferer was very thin and Attacks of palpitation sleeplessness and shortness of breath constantly upset him. He was at once benefited by getting up in bed and dips in "the old swimming hole," and

other exercises brought recovery to Professor A. Jaquet of Basle, Swit zerland, a French physician, who has devoted much observation to heart disdevoted much observation to heart dis-orders, is particularly enthusiastic over the results obtained by hill climbing exercises. Caution, of course, must be maintained, and only persons with par-ticular kinds of heart trouble chosen-by an experienced physician dare be given such muscular work. At the first sign of trouble these exercises are to be stopped. The doctor is trained to notice such evidences. such evidences.

The Hill Climbing Cure.

When you climb a hill or a mountain the legs are bent in such a way as to assist the movement of blood from the Try TETROL, 25c To clean spats, white kid shoes, gloves, etc. You will be surprised. BRUCE WALLACE

Today's Fashion



A.—Your weight may be increased by ten to twelve hours' sleep in the 24 in a well-ventilated room, by eating sugars, starches, butter, puddings, fatty meats, rich soups and gravies. You must drink title eventilated room and gravies. You must drink title eventilated room and gravies. You must drink title eventilated room and gravies.

well-ventilated room, by eating sugars, starches, butter, puddings, fatty meats, rich soups and gravies. You must drink copiously of water and milk. Take little exercise, but be in the open air and sunlight just as much as possible. Keep the intestines open and active. Keep the intestines open and active. W. J. C.: Q.—Please give me some-thing for a blister-like swelling on my MRS. B.: Q .- How can I reduce my

A.—Use a little of the following tion for the swelling on your lip:
Pink calamine 2½ drams
Zinc oxide 2 drams
Glycerine 2 drams
Phenol 30 drops
Lime water 2 ounces
Rose water 2 ounces weight?

A.—You must not get more than eight hours' sieep out of the 24. You must keep the intestines open and active, and get daily outdoor exercise. You should reduce the amount of sugars, starches and oils which are taken into the body. Food laxatives, such as uncooked brain and green vergence. Dr. Hirshberg will answer questions for readers of this paper on medical hygienic and sanitation subjects that are sugars, starches and taken into the body. Food laxatives, such as uncooked bran and green vegetables, help in the reducing process. Drink lots of water only between meals. Do not eat—any bread, except gluten, and it is better to have this toasted.

ADELE GARRISON'S NEW

REVELATIONS OF A WIFE

Why Lillian Said, "It May Be Best To Lay the Cards Face Upward on the Table After All."

I caught my under lip between my ceiver from my hand, put her own lips teeth in grim determination not to betray by tone or phrase how the words of the girl at the other end of the telephone had affected me.

Edith Fairfax just returned from a journey! All the suspicions which had been bedevilling me redoubled. I knew that at any cost I must know once for all the truth concerning my husband's

friendship for this girl.
"Well!" The voice at the other end of the telephone held an impatient note. I mentally classified the voice as I had its owner upon the single occasion of my seeing her, as distinctly underbred. "Will you please convey to Miss Fairfax"—I adopted my most formal manner—"Mrs. Richard Graham's regrets that she is fatigued, and—""

"Is this Mrs. Graham?" the other woman exclaimed rather than questioned. "Wait a moment, please."

I heard the quick tattoo of her high heels as she hurried away from the telephone, and a minute or two later Edith Fairfax's soft, well-bred southern intonations sounded in my ears. And to my heated imagination there was tremulated.

Telegram for Katherine.

"But I can't blame you," she went on. "I know, Madge, that you've had enough to upset you completely. But I can't help thinking you're on the wrong track about this. However, it may be best to after all."

Lillian made no further refared.

Telegram for Katherine.

"But I can't blame you," she went on. "I know, Madge, that you've had enough to upset you completely. But I can't help thinking you're on the wrong track about this. However, it may be best to after all."

Lillian made no further refared.

and I guessed that any memory of Dicky her jest married!" Lillian Interrupts.

to the mouthpiece.

"Come over to luncheon, Edith," she said heartily. "Bring Leila with you."

I didn't hear the girl's response, but Lillian's answer was crisp and to the

"That's all right, then. We'll expect you at 1. Good-bye."
She hung up the receiver abruptly and tured to you the receiver abruptly and She hung up the receiver abruptly and tured to me grimly.

"If you had to do this mad thing, why didn't you tell me so that we could have arranged it smoothly? Ten to one now if she comes she'll be so frightened you can hardly talk with her intelligently.'

"Then you think?" I queried breath-lessly, ignoring her very evident die. ssly, ignoring her very evident displeasure

"I think that you're a very foolish, impetuous girl," she returned, and then her voice softened.

Edith Fairfax's soft, well-bred southern intonations sounded in my ears. And to my heated imagination there was tremulous fright in the girl's accents.

"Yes? Mrs. Graham?" she said hurriedly. "Is—ds there anything wrong?"

Again I had to wait a moment to control the tremulo note of my own voice.

"Oh, no, indeed," I finally said, brightly, "but I recalled that we hadn't yet had that little visit we promised each other when we last met at the Fleur de Lis restaurant. Do you remember?"

"Oh, yes, I remember," Edith Fairfax replied with a l'Ittle catch of the breath, and I guessed that any memory of Dicky

AN ARDENT READER: Q.—Please tell me what to do for an earache and sore throat.

A.—You must have an examination made by a nose and throat specialist to find out the real cause of your suffering. In the meanwhile irrigate the nose and throat with alkaline antiseptic solution.

MRS. I. H.: Q.—Please give me some—

On evening wraps. Here is a stunning model made in cape fashion. It is of black chiffon over soft crepe, and is shad of or an earache and shed in cape fashion. It is of black chiffon over soft crepe, and is smoothly. "Therefore haven't telephoned before. But I'm going to be in the city of rows of ostrich flues form the trimming from shoulder-line to three-quarter length of the cape, which is find took the envelope and tore it Lillian interrupts.

C. Illian interrupts.

It have been very busy, and Mr. Granks have been out of town," I went on smoothly. "Therefore haven't telephoned before. But I'm going to be in the city of rows modays, and I particularly wish that should come after she was gone. "I have no correspondence which you aren't perfectly welcome to see," she to see you. Will you not, therefore, waive ceremony and come to see motomorrow, here at Mrs. Underwood's home, where I am staying?"

MRS. I. H.: Q.—Please give me some—

No. evening wraps. Here is a stunning model made in cape fashion. It is of black chiffon over soft crepe, and is man has been out of town," I went on smoothly. "Therefore haven't telephoned before. But I'm going to be in the city for some days, and II.

This what has been out of town," I went on saked us to open any letter or telegram has been out of town," I went on smoothly. "Therefore haven't telephoned before. But I'm going to be in the city for some days, and II.



LINDA TAKES A PEEP AT THE COBWEB CRADLE. Linda stood watching the great cobveb-like nest hanging in the cherry

Well, here I am!" squeaked a tiny voice, and Squeedee, the Elfin from Joyland, dropped from the branches down in front of Linda.

with yellowish wings, banded with brown, that you see flying around after the sun has gone down."

"I knew that butterflies come from

when the warm spring days came all these little bead eggs hatched, and out of them came funny, little, wooly worms. They had no house, so they all clubbed together and built them that funny, little cobweb tent you see hanging there." ng there."

ing there."

"But those are big worms!" exclaimed Linda, as the worms moved in their weblike cradle, making it swing.

"Sure, they've been growing all this time," replied Squeedee. "Soon they'll bite holes in their tent house or cradle—whichever you want to call if—and crawl out. Then they'll each spin a thin, clear cocoon around themselves and powder it with yellow dust, and from this cocoon comes the night moth with yellowish wings, banded with brown, that you see flying around after "I knew that butterflies come from "There that butterines come from caterpillars," laughed Linda, "but I never knew that moths did."
"There's another kind of caterpillar," continued Squeedee. "When he is first hatched out his coat is black and hairy.



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COMFORT S

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Use Comfort Soap and get a brighter, cleaner, easier wash. PUGSLEY, DINGMAN & CO., LIMITED, TORONTO.

"I never dreamed that caterpillars ete so interesting," said Linda, as ey dropped to the ground once more, id, thanking Squeedee, Linda ran into

By Genevieve Kemble

such as uncooked bran and green vegetables, help in the reducing process. Drink lots of water only between meals. Do not eat any bread, except gluten, and it is better to have this toasted.

A CONSTANT READER: Q.—Please tell me what to do for varicose veins are little wormlike, twisted veins of different sizes. They are common in the legs of women and others whose movements are limited. They also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they also occur in other parts of the anatomy. When the blood does not find they fin THURSDAY, SEPTEMBER 12. omises to be some unique occurrence, self .- Zeno.

He still makes two more changes. His contracts, in fact, all papers and writ fourth coat is blue with black and red buttons, and his fifth and last coat is green with orange buttons. When he buts on this suit he begins to spin his bradle cocoen. In it he curls up fast asleep until he has grown into a beautiful great, big night moth."

"I never dreamed that caterpillars contracts, in fact, all papers and writtings should be signed with great care. Those whose birthday it is may meet with new and interesting friends. They should be discreet in all their dealings. A child born on this day may be peculiarly gifted, but perhaps will succeed best if kept in the employment of others.

The Origin of Famous Sayings

It takes a wise man to discover a wise man.—Xenophanes. The mountains, too, at a distance ap-sear airy masses and smooth, but seen near at hand, they are rough.—Pyrrho. ODD FACTS

Even the food containers of the American army in France will wear gas masks now, the men, horses, mules and even carrier plgeons already having been equipped.

Four types of bullets are supplied the standard German fighting plane. They are the ordinary bullets intended for the enemy pilot; a special perforating bul-let with hardened casing to penetrate metal parts, an explosive bullet to wreck the power plant, and an incendiary bul-let to explode the gasoline tank.

Diogones Laertlus. Circa 200 A.D. Plato having defined man to be a two-legged animal without feathers, Diogenes plucked a cock and brought it into the academy, and said, "This is Plato's man." On which account this addition was made to the definition, "With broad flat nails."—Diogenes.

They say that the first inclination which an animal has is to protect itself.—Zeno.

He calls drunkenness an expression identical with ruin.—Pythagoras.

If Canada cannot claim a national playsound equal in wild beauty to the world-famous Yosemite Valley, the great California park of the United States, it has, at least, something both beautiful and gigantic in the territory of nearly 2,000,000 acres, termed the Algonquin Park. Far up in the high-lands of Ontario, 2,000 feet above sea level, Canadians from all parts come to camp in the woods of plne, balsam and spruce, which stretch for hundreds of square miles, and in which thousands of holiday-seekers may lead the simple life in comfort. The district is studded with lakes.

The coast forests of Southern and Southeastern Alaska are irreluded in the national forests of Tongass and Cougach, which comprise over 96, acres, a large proportion of wh covered with trees. Of these spruce averages about 20 per cen western hemlock ayout 75 per cen

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