

thouse with se, along with is the medi-"Take long way forget to one famous writer has said: "Every place of retirement requires a walk. My points of their theor

place of retirement requires a walk. My thoughts sleep if I sit still; my fancy

carriage, slender does not go by itself as when my legs move it, and all those who study with-

waith and the same condition." For a fit of irritability I find nothing so soothing as a brisk walk. I view things from an entirely different angle so soothing as a brisk walk. I view things from an entirely different angle so soothing as a brisk walk. I view things from an entirely different angle so soothing are not far distant you should acquire the excellent habit of walking. Go out in the country, if possible, where the air is pure and nature can keep you interested. If you, are a city dweller seek the parks or the suburbs, for the change is necessary if walking is to benefit you both mentally and physical.

ig and Vivacity.

strides. A slow saunbe a waste of good time. tis a cure for almost all ills

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mental or physical. There is ike a brisk walk, when you are ow par. To exercise in this the fresh air will cure nerin-fag and that

Back

Timped

ame?

miracle.

hat befalls?

given it

the them fall in love with him.

ently, we knew what that meant.

If it should go out, what then?

I wonder if we do? What does it mean, really, to be a genius?

cally. The zest of a walk is its You will never notice the b the cultivated by the fash

ting" from which we are all suffer in the spring. "'Twill d to walk," said Othello when ed by the pangs of jeslousy, ou feel "out of sorts" get out away from worry and people-s one good to be alone now is the best "all round" exer-every muscle is brought into perfluous fat melts away like th a summer sun and the come flexible, the whole body free.

what that means!"-

And another woman whose husband lies to her and lies to her, and everydy knows it, and she knows they know it. And another woman whose husband is apt to drink too much-poor, plish fellow-and when he drinks too much he is really quite too.-

Keepers of the Fire. And another whose husband is not as honest as he should be, and anher whose husband is in his grave. But we all were very sorry for the man who is married to the genius because, as we told each other so con-

Did you ever camp in the deep woods and get short of matches? And you remember how you crouched by the camp fire when you first lit it blew and blew to make the tiny spark in the splintered sticks glow into

No light to keep off the beasts from the outer darkness, no warmth to at down the rising chill of night, no fire to cook by, no friendly flame to ten the face you loved and make it spring from the shadows like a sud-

Blow, blow, and even when "he came calling into camp you did not rise

Is he the keeper of the fire, and must he keep it sacredly, no matter

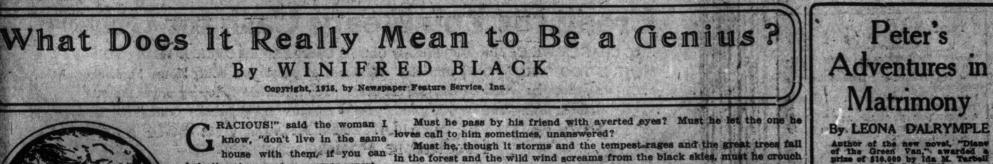
answer him, till the fiame leaped and all was red with fire." For that was your part of the work-you were keeper of the fire. Is it so, I wonder, with the man we called a genius?

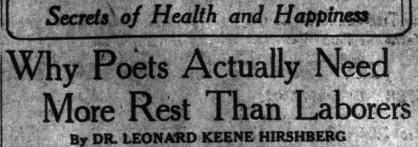


AILY MAGAZINE PAGE FOR EVERYBODY

POPULARITY UP-TO-DATE.

FANNY-Do you like Mr. Sniggers? ANNIE-Awful bore for talk. But I danced with him yesterday at the Business Girls' Lunch and he certainly can trot!





## A. B., M. A., M. D. (Johns Hopkins).

OMMONLY enough, the notion is held that poets are a nondescript lot of lazy, indolent, ne'er-do-wells. To think of a poet as separate and distinct from a tired feeling is to go beyond the bounds of experience. The reason behind the wan and exhausted state of a poet's wellbeing has been attributed very often to want of food and poverty.

Experiments, however, carried out upon 89 posts, near-ets, would-be poets and momentary devotees of the use, by Prof. Edward L. Thorndike of Columbia Uniersity, New York, prove that poets, no less than brow

The Strange Experiment.

There may be a pleasure in poeti and poetic pains, but it so, only

work at unlike of the product in a given time, as well as its geness," were examined by him. experiments upon fatigue of muscular effort, and originality ing warts?

A READER- Q-1-Will wax and et late remove superfluous hair perman ly? What sort of wax should be use 2--What do you mean by, "walling

lines to complete to say, the first m such poets as and the like, and should be used.

2-What shall I do

tigue. Poets are a simple race! They wasts their toll for the vain tribute of r nile. They substantiate ahadows and lend existence to nothing. If they are fustian most sublimely bad, it ist ill poetry and not prose run mad. The upshot of Prof. Thorndike's in vestigation is to prove that fatigue act primarily and essentially in reducing an constraints of the second secon

tife and the Great White Way

Answers to Health Questions

E OF VALUABLE ERTY on Markham Toronto. Under and wers contained in a ich will be produced there will be offered of Toronto ameter on.o. the following st side of Markham of Toronto, manely: cel or tract of land as part of lot num-) on the plan regis-try Office for the in the City of To-s Plan No. 74, and known and describ-mencing on the west cet at the southeast 83: -thence westerly boundary of said lot nore or less to a larkham street one-between Markham y Ontariol streets; allel to Markham eet; thence casterly southerly boundary or less to Markham erly along the west cet thirty-eight feet place of beginning, are said to be crect-44 and 146 Markham y will be sold sub-

sent. (10 per cent.) ev to be paid down balance to be paid ereafter, with inter-prefers, a portion d to remain on first irs, bearing interest per annum, payable talments of princi-

and conditions of own at the time of n to Messrs. Cavell 43 Adelaide Street

this '20th day of & CAVELL,

## ICE

th the Patent Act. ion 38, with refer-tent No. 142675, ndre Rosanoff, for ndre Rosanell, the actionation Appar-hereby notified that ander the said Fat-tured, and that en-e to the same for re, or other negoti-the Patent Rights, undersigned : The undersigned : The nufacturing Agency, ronto, Ont.

## Parliament.

en that an appl y the Toronto Su ny to the Legisla-of Ontarlo, at the perate its railway

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RSON & BOYD Applicants. of January, 1915. 8-Mar. 2 help it, not even at a summer resort. to his task, and keep alight, at any cost, the flame he has been given to "She's all right, but he's a genius, guard?

and you know what that means!" I have a friend who is a genius, and somehow when I see him in a cro And we all sighed, and some of us 'he makes me think of the old pictures of the "Torch Bearer." groaned, and some cast their eyes to "Do you remember it? The man, running, with a lighted torch held h heaven, but we all said, in a cherus of above his head. acquiescence: "Oh, yes, we know

In the forest and the wild wind acreases from the frame he has been given to but tasks, and keep alight, at any cost, the frame he has been given to guard?
They a friend who is a senius, and somehow when I see him in a covol to make the fore. The man, running, with a lighted torch heid high addition so the "Torch Bearer."
Make Way for Him.
Make Way for Him.</li And then we told each other how And all the crowd melts away when he appears, and nothing stops work, and how we respected him for nothing makes him hesitate, nothing appeals to him, he hears nothing, sees his ideals, and how we looked up to nothing, feels nothing, but the torch, the torch! It is his to carry, his to him for his principles, and how sorry we felt for his wife for being married

And among those who were sorry was a woman whose husband never its about a thing but money and how to make it, or women and how to



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Your days." When he vowed that he was speaking the truth the woodcutter cut him free and the dwarf led him on into the woods

until they reached a rock. This the dwarf rolled over, and they descended into an underground treasure chamber, filled with piles of gold and silver, which the dwarfs had dug from the ground

B-if I were you, dear, I wouldn't the ground. any notice of the cook, if she isn't The woodcutter filled his pockets his

blouse and his hat with the precious blouse and his hat with the precious ake notice-she's) metals, and returned home to live in comfort for the rest of his life.

MeCin Iges,

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& ! that the ansnip had opened into an or a series