

In Long, Healthful Walks

By MAGGIE TEYTE Phe Noted Prima Donna

the a good walk to make one take a fresh of stip on faith. No especies invented can compare with walking. You may search out doors, a thietic instructors with intricate sys-e, lift tens and you may try all the various machanical devices in the most clabeauty out of doors ces in the most and

It means to square and go along as the glorious song io

viwanted to have. down you breathing deep and full and

It means energizing

in the parks. Get away from folks. In such a way that each foot, can hear the birds car-es, and watch the squir-g about, and where the grow while you are look-the smells of the earth the smells of the earth the smells of the earth olling their glees and watch the squiring about, and where the

grass seems to grow while you are look-ing at it, and the smells of the earth

ing at it and the smells of the earth and the budding trees and the flowers almost intokicate you with their ex-quisite freshness and sweetness Swing your arms, run and hop and skip, if you feel-like it-out there in the open road where none may see. Lilt a merry tune. There'll be a bloom on your cheek and a sparkle in your eye that could never come out of a lotion ar or a beauty parlor.

your cheek and a sparkle in your eye that could never come out of a lotion jar or a beauty parlor. The cobwebs will be whisked out of the corners of your brain by the wooing spring breezes. The kinks of your seul will be straightened. Your dearest en-and joints. When you prepare for after a long tramp add to the the corners of your sent training the straightened. Your dearest en-emy will be straightened. Your dearest en-emy will look like your cousin, even if he does not seem your own brother. The wrinkles will be ironed out of your brow. There'll be hope in your heart and courage to finish the fight. The joy of your being will be reflected in the of your being will be reflected in the there a long tramp add to the foot bath equal parts of alum, rock salt and borax to the extent of two teaspoon-brow. There'll be hope in your heart and courage to finish the fight. The joy of your being will be reflected in the oil, massaging them carefully and con-oling the treatment to the knees, there and smiles of every one you met. aces and smiles of every one you meet. tinuing the treat. There is nothing in the world equal to calves and thighs.

STELLA MAYHEW How Personal Fopularity May Be Won

For Your Hungry Tissues By DRI LEONARD KEENE HIRSHBERG A. B., M. A., M. D.: (Johns Hopkins). IN these days of pianos, violins and xylophones, every 6-year-old boy knows what an octave is. Sound is composed of octaves; light is made up of octave rays, and ome wamen have an official perfumer, who arranges her scents and odors in octaves. The seven colors of the spectrum, as seen in the rain bow, compose the visible light octaves. There are, neverheless, an enormous series of other invisible octaves; both beyond the violet end of the spectrum and the red end. The other rays from the sun and other luminous bjects, such as a lamp, or even a firefly, which do not your eye, are called ultra-violet rays, infra-red rays, wireless rays, electro-magnetic rays, heat rays, chemical rays, X-rays and many others yet to be labelled. It was until recently thought that the ultra-violet rays were the only "actinic" or chemical rays. But it is easily shown that all of the visible, as well as the infra-red, heat waves may induce explosive changes the visible, as well as the intractor, new will finally reflect even the ultra-violet in photographic plates, rocks and living will finally reflect even the ultra-violet rays, and thus develop an ultra-white race of people. Phoebus, Angel of Light, according to The sun contains all of the min. Alexis Dr. Blair's statistics, sends out elec-such wizards as Edison, Marconi, Alexis trons much milder, it is true, than ra-Jarrel, Ecree, Wright and Maxim. It is surgeon and an anarchist, a creator nd a destroyer, a healer and a wicked According to Prof. Haeckel of Ger nany and Prof. Henderson of Harvard the sea may become life by Answers to Health Questions energizing touch of the sun. From work of Prof. R. W. Wood of Johns W. E. B., Indianapolis-What is goo for adenoids and nasal catarrh? Hopkins, invisible things can be made

X-rays, thorium and radio-active cancer "palliatives. its march through the heavens the sur shoot forth rays powerful enoug

visible by the ultra-violet rays. Distoo, of the skin are cured by them. An operation by a nose, and throat pecialist as soon as possil

Example of Plant Needs.

Dr. Thomas S. Blair of the Medical Miss A. V., Clyde, N. Y.-My stomach, feet, hips, face and abdomen have been quite bloated for over a year. My heart palpitates. I am 62. says this Apollo, this King of Day, is more necessary to those predisposed to cancer than food is itself. The human texture has an appetite, he says, for air, for water, for fodder and for

Secrets of Health and Happiness

Sunshine Is Magic Food

You should so to the nearest large city and have your heart examined by an expert.

light: Nature intended the tissues to absorb sunshine: such baths of sunshine are a sort of food to the tissues. You insulate yourselves against the forces of nature at your peril. Why should not the deep tissues of an animal demand sunshine no less than does plant life? Is not sun-thing actually a foodor stimulant to the Mrs. J. N., Martinsville, Ind.-How can I tell whether I have epilepsy or not? I groan in the attacks and do not feel sleepy afterward. I do not loss con-

bo less than does plant life? Is not sun-shine actually a food or stimulant to the plant? You have no reason to believe that the animal, though probably to a less degree, is not dependent upon the I feel almost certain that your spells are "hysterical convulsions," due to a disordered alimentary canal, or other

internal structures. In true epilepsy, even of a minor form, sleepiness fol-Prof. Daniel Berthelet of France de clares that the skin of the modern hu-man race differs much from that of your

as the interi outward appe

AGGIE TETTE

High

high or too l It does ans.

is the most 1

extensively u v. hardy.

f all kinds is et he has writ

his is a hands ct the varieties to

nes are very lovel and tall shrubs for id nature.

e's Children day not long and "See what Mary's And there was stentealy munchbidden frait. It explaining, much intity of tears be-is handed back to ny woman to give to any other per-who have studied stion, proper food

od to two child ct stranger judge neighbor's child child is old enous gs it is all righ very great and Insistence of the right, to feed an without first ask-of that child's

the child. If the it will only make

The plea that "I lren" cannot hold phildren are allke.

f eating between noticed in child sturdy and well iced immediately being weakened and irritable and woman is a

well-planned meals o, any child of easy properly, nourished I I repeat the diet

before breakfast cooked cereal with

Ik or cocos, t times broiled; fat

r thick soup, meet, vegetable or instead i or rice, bread and

aked apple, junket, apioca pudding or

st or bread and milk or a poached een given at break

read or a graham f dry sponge cake. pating to older chil-substitute butter

prunes, apple if not used at or jelly with

to drink.

PETER'S ADVENTURES

all the different ways of preparing
everything we have and keep a record
of when we had a certain dish last. You
won't find yourself repeating."
"The idea!" sniffed Mary. "Absurd!
As if I couldn't remember what we have
had and what there is to choose from.
Do you think I haven't any brain? The
trouble is there's so very little to choose
from—_______
"There's a lot." I insisted. "For insisted, we had a bully fig pudding something like three months ago. Why has
it didn't really work hard enough to deserve an bonorable discharge."
"I forgot about it." faltered Mary:
"Somebody told you a bully fruit
alad, and the Lord knows we need fruit

you are slave.-Anon.

It is ever the invisible that is the ob

Words of Wise Men

Ve hever live; we are always in the He is but the counterfeit of a man who expectation of living.-Voltaire. Great men lose somewhat of their Never forget that of the word unsaid freatmen by being never and anoken

Treatness by being near us; ordinary your are master; of the word apoken

intolerance of reformers, and dreads nothing so much as their charity and patience.-Lowell.

.

men gain much.-Landor.

The devil loves nothing better than the

somebody told you a bully fruit alad, and the Lord knows we need fruit adds to keep from getting fat." I said Again very meekly. "But you tried that Just once and forgot fi the day after." "Mamma." said Mary with dignity and a you're-a-man-what-do-you-know-

36

<text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text>

your age, you funny little thing? You hands; don't push it away; don't run ought not to begin to think seriously down the road to meet responsibility

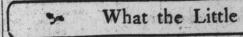
Age and youth look upon life from the bpposite ends of the telescope; to the one it is exceedingly long, to the other exceedingly short.-H. W. Beecher. A history will live, though written one it is exceedingly long, to the other muses.-Shenstone. by the start of muses upon the read to meet ought not to begin to think seriously of a serious sweetheart till you're at the start of the start of the start of the teast 20 years old. This is the glorious spring-time of enough. Wait till they teast 20 years old. This is the glorious spring-time of enough. Wait till they do knock be- Miss Laurie will welcome letters of By desiring what is perfectly good. When weary life, breathing reluctant we when we do not quite know what it are part of the divine power against evil. When weary life, breathing reluctant and caunot do what xe would, we have for the divine power against evil. When in the best counsel and woman's word. -Edwin Arnold. This is the glorious spring time of the singing. What do all the birds are singing. What do the struggle with darkness narrower.-Woman's word.-Edwin Arnold.

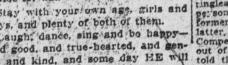
inquiry on subjects of feminine inter- Pond mother-My dear, are you feel- | Aunt Dorothy-How many Command-

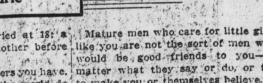
! nine!

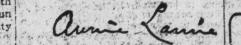
30

Aunt Dorothy-How many Command-ments are there, Johnny? Johnny (glibly)-Ten, Aunt Dorothy-And now, suppose you were to break one of them? Johnny (tentatively)-Then there'd be nine!









stop thinking about it. Get a steady, as you call it? At of the world; hang on to it with both talk them over with him.

What the Little Ones Say

