

HEALTHOGRAMS

Pneumonia begins rather suddenly, often with a severe chill, headache and general pains like grippe. In a few hours cough begins, short and dry, with violent stabbing pain in one side of the chest. Breathing is rapid, with expanding nostrils. The face is anxious and often flushed. The temperature is high.

Mild sore throat is commonly the beginning of an ordinary cold. However, it may be the warning sign of a disordered stomach. Simple treatment which is usually effective includes a good gargle and a purge.

Arterio sclerosis (hardening of arteries) is caused by wear and tear. As the proper structures wear away, a fibrous tissue takes their place. When there is an excess of this tissue present in the walls of the vessels it is called arterio sclerosis. The remedy is the simple life.

It is safe to lift the quarantine in scarlet fever cases when the throat is well, and the secretions from the throat and nose (and ears, when there has been any) are normal.

Dirty milkmen, flies, doctors who do not report contagious disease, and manufacturers of adulterated foods, are all enemies of man. A city should be rid of them just as it should be rid of bad drains or "hold-up" men.

Light is life. Light is health. Light is a physician, light is a beautifier. There is no vitality or healthful structure without light. If you're going to move soon, get a light house.

Persons addicted to the excessive use of tea, coffee, alcohol and tobacco are often subject to headache from poisoning of the system by these substances. Tea, coffee and tobacco poisoning often cause palpitation of the heart also. Be moderate.

Don't "nag" your nerves. The man or woman who wears shoes too tight for the feet "nags" the foot nerves. Tight clothing of all sorts has the same tendency to "nag" the nerves. A "nagged" nerve soon tells its own story.

Little Prince Has Last "Boy" Vacation



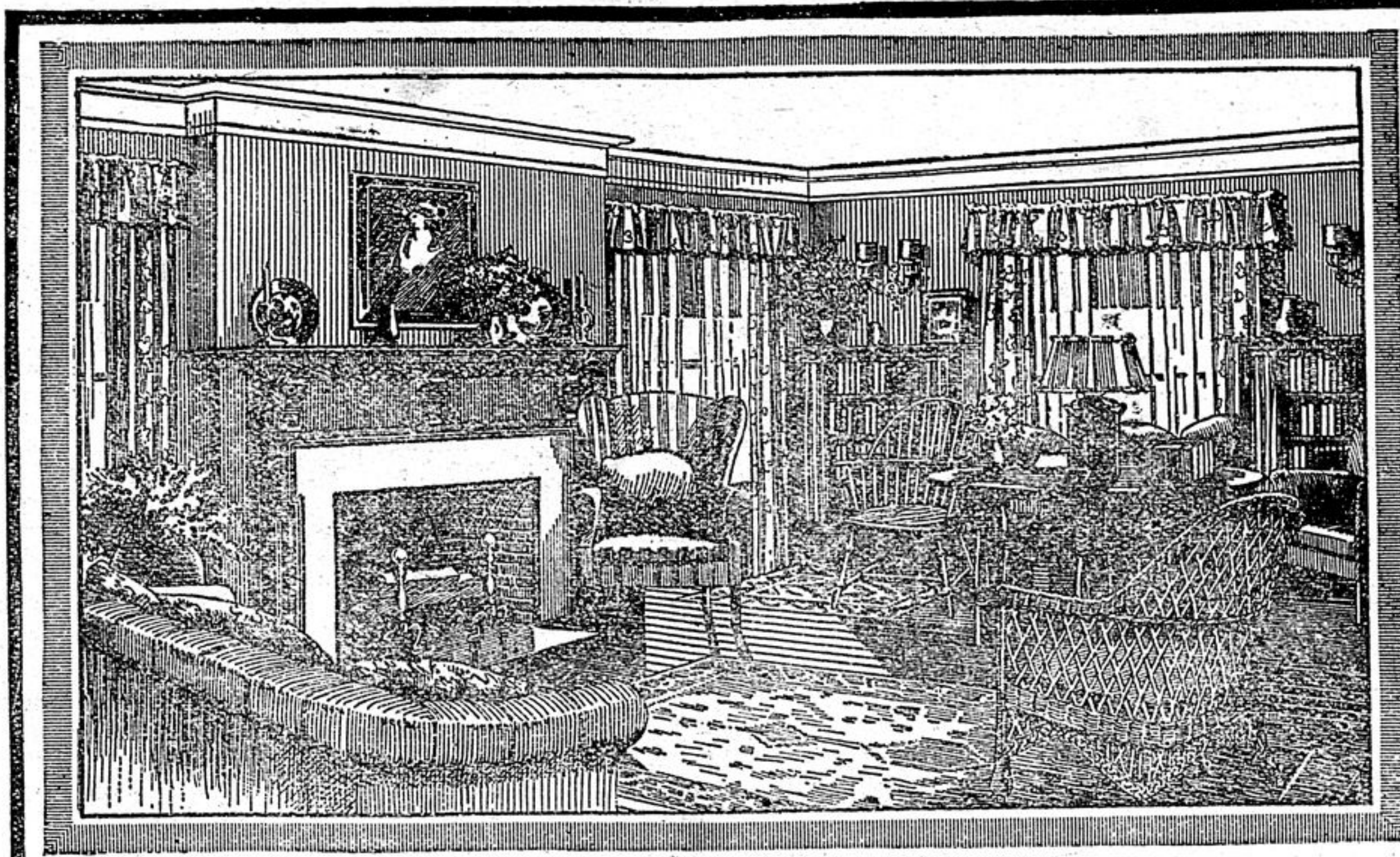
Prince Humbert, aged 8, is the heir to the Italian throne. He has been placed on an Italian man-of-war to get a part of his training. From now on he will be under constant naval and military discipline.

This photo shows him as he looked during the last vacation he will ever have as a boy—playing with his goat.

NEEDS REAL MEN

Bishop of Edmonton Makes Appeal to Canadian Manhood

The Bishop of Edmonton in the course of an address said everyone should be optimistic, as there was no need of pessimism in this world. In Western Canada men were needed, real men from the top to the toe, who had common sense, who were not afraid of work, and who would not mind whether they had to sleep on the bare ground or on a fence rail. The Church needed such men to work in the West among men. The young men of Canada were neglecting the Church, though the fault was not entirely their own. The real reason for the neglect lay in the home. Parents did not give that religious instruction to the children that they ought, consequently the sons and daughters had no inclination for religious work. Dr. Gray described the work of the Church in the West, its growth and development since 1875. In that year one



The decorating of your walls is quite a problem. You want them to be pleasing in color and appearance so as to make a suitable background for your furniture and pictures.

So the ideal wall finish should be artistic in texture and coloring, absolutely sanitary, and capable of being cleaned if necessary with soap and water—and durable—to avoid a too frequent expense for redecorating.

Wall papers do not meet all these requirements, the patterns and designs fade, the papers themselves collect dust and germs and cannot be properly cleaned. Sanitary experts have proven that any kind of wall paper is unsanitary, and the custom of applying new paper over the old, affords a breeding place for germs.

Kalsomine and other water paints, while clean and sanitary, have not the necessary permanency. They need frequent renewal and often rub off on ones clothing—smudges and finger marks cannot be washed off satisfactorily.

The product that meets every requirement is Sherwin-Williams Flat-tone, a durable, flat-drying oil paint made in a variety of twenty-four beautiful shades, the selection of expert decorators. This finish can be washed with soap and water, and will last for years.

Come and see us about S-W Flat-tone. It is put up in liquid form ready for use. Ask for a color card of the pleasing shades.

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Pease, per bushel, 75 to 1.00
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Potatoes, bush, 70 to 75
butter, per pound, 27 to 28
Eggs, per dozen, 17 to 20
Hay, per ton, \$15 to \$18
Hides, \$9.00 to \$10
Hogs, live, \$7.00 to \$7.75
Beef, \$10 to \$11
Sheepskins, 50 to 80
Wool, 18 to 27
Flour, Samson, \$2.80 to \$3.00
Flour, Winnipeg \$2.70 to \$2.80
Flour, Silver Leaf, \$2.50 to \$2.70
Flour, Victoria, \$2.15 to \$2.65
Flour, new process, \$2.40 to \$2.60
Flour, family, clipper, \$2.35 to \$2.55
Bran, per 100 pounds, \$1.25 to \$1.35
Shorts, do., \$1.25 to \$1.35
Mixed Chop, do., \$1.45 to \$1.55
Corn Chop, do., \$1.60 to \$1.65
Barley Chop, 1.45 to 1.50
Oat Chop, \$1.50 to \$1.60
Crushed Oats, \$1.55 to \$1.65

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Return Limit two months.

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Refreshments.

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We will be pleased to figure on what you will need in supplies, or the whole contract.

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SEE OUR WALL PAPERS.

solitary clergyman, Canon Newton, had to look after the spiritual needs of the people in that vast territory; now there were two dioceses and numerous churches. In Edmonton Diocese they had 33 churches and missions, but there were only three native-born clergymen in charge; the other 30 came from the Motherland. He made an earnest exhortation to the people of the East, to send their sons and daughters out West to take part in the work of the Church.

Balkan War Cost
Balkan war is estimated to have cost Bulgaria \$548,000,000 in war expenses and territory ceded to Roumania; between 55,000 and 58,000 Bulgarians were killed.

British Merchant Ships
It is estimated that 933 war and merchant ships of 2,186,607 tons gross were launched from private yards in the United Kingdom last year. This is the highest aggregate ever known.

Pulp Mills in Canada
In the little country of Denmark there are 230 pulp or paper mills. In Canada, according to the latest available statistics of the Dominion Forestry Branch, there are only 48 pulp mills in actual operation. The Canadian mills are, however, many times larger than those in Denmark.

Forecasting Thunder
The essential feature of apparatus invented by a Frenchman to forecast the approach of thunder storms is a swinging needle coherer, such as is used in wireless telegraphy.

Consumption of Meat
The per capita consumption of meat in Australia and Argentina, two heavy exporters of meat, is 250 pounds a year, while in the United States and Canada it is only about 160 pounds.

British Cash
The Southern States now owe British bondholders a total of more than \$75,000,000, not including interest, on account of debts which have been in default from forty to seventy years.