

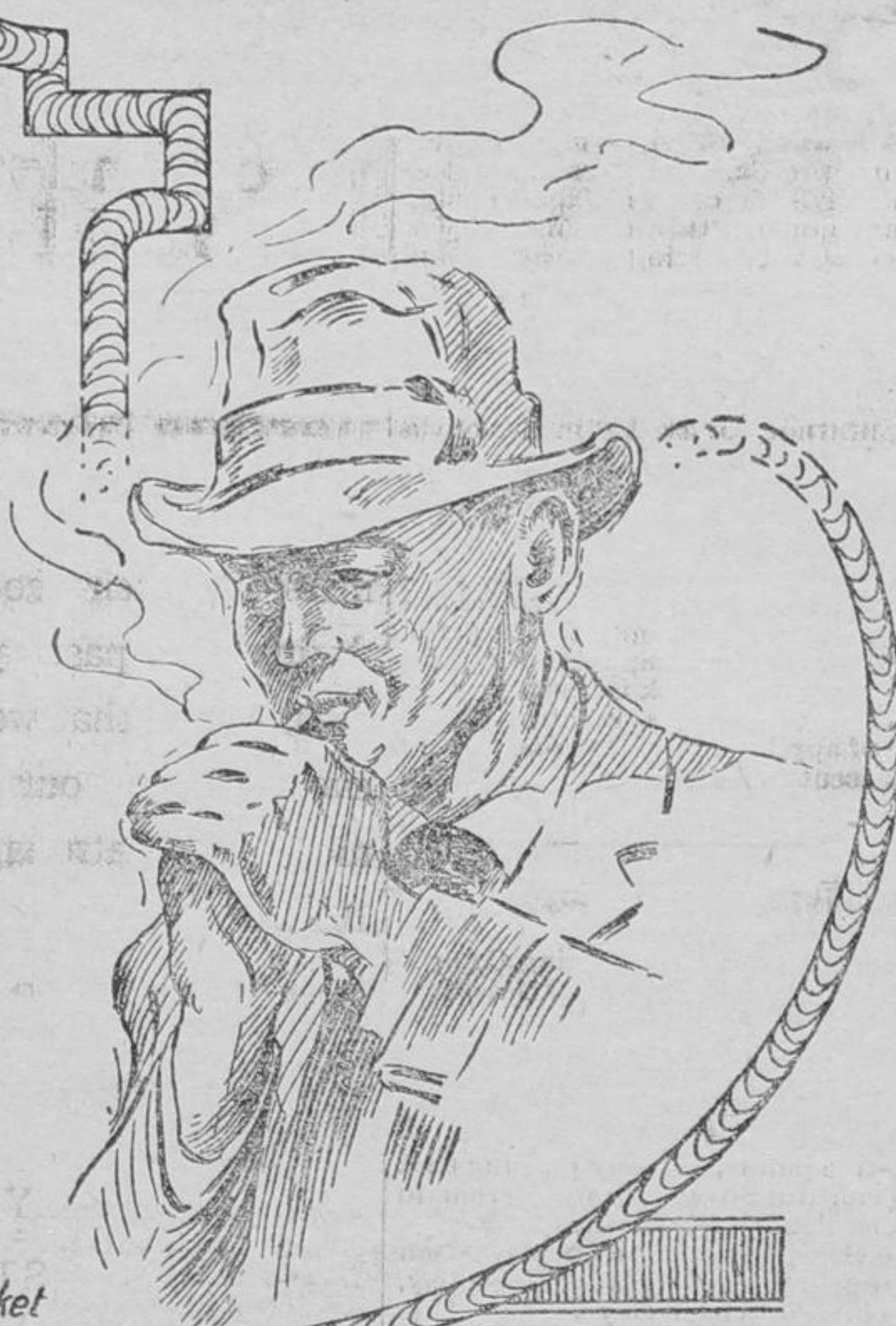
# OGDEN'S FINE CUT

The best Fine Cut Tobacco  
for Rolling Your Own.

15¢ per packet  
— ½ lb. tin 80¢

OGDEN'S LIVERPOOL

Cigarette Papers  
with Each Packet



The best way to deliver a man from calamity is to put a song in his heart. There are some who skin under their calamity, and there are others who swim through it. I think you will find the difference between these lies in the comparative amount of their previous cheer. The balance generally turns on the hearing or not hearing of yesterday's song. They who have a song already in their heart pass over "The Red Sea"; they who have heard no previous music are submerged in the wave.—George Matheson.

### Third Prize.

I attribute my excellent health today, after more than fifteen years of business life, to the following:

1. Cultivation of a cheerful disposition and optimistic outlook.
2. Fresh air from long walks daily and open windows day and night.
3. Moderate supply of plain nutritious food.
4. Nine hours of sleep, except on rare occasions.
5. Rising early enough to avoid rushing to work.
6. Proper dress for the weather.
7. Avoidance of friction, petty quarrels, jealousy, etc. If I inadvertently offended anyone I immediately went and cleared matters up. I avoided difficult persons as much as possible. I never exchanged confidences which if told might cause trouble. As an old grand-aunt put it, I was "civil and strange" with all, did not impose on either my landlady or my friends. I have retained my friends and the respect of my employers.
8. I always attended Divine Service on Sunday, gaining peace of mind and spirit from even that brief detachment from worldly things. A tranquil spirit is necessary for efficient work. One also learns to appraise properly the things of the world and those of the spirit.
9. Associated as much as possible with others engaged in different work from mine, to gain new ideas and viewpoints and to avoid narrowness.
10. Read books bearing on my work, also the daily paper to keep informed in current events, books of travel, fiction, etc.
11. Attended lectures, plays, concerts, and assisted in local affairs. Meeting different kinds of people may be educational.
12. I never referred to or mentioned to anyone any unpleasantness that occurred in a house where I was a paying guest.
13. Absolute loyalty to employers' interests.

I rise in the morning rested and eager for the fray, enjoy breakfast as well as other meals, do not know the meaning of headaches, indigestion, etc. Have not spent ten dollars for medicine in twenty years. Am considered a marvel of good health by my friends, but am sure it arises from a naturally cheerful disposition and sane and sensible living, also my attitude towards my work. When one loses interest in work it is time for play.—Experienced.

P.S.—Saved myself many a cold by taking a hot foot-bath, putting on heavier underwear and stockings and rubbing chest and throat with coal-oil before retiring, at first symptoms. Resolutely refrained from violent anger and assumed an outward calm which soon became real. I thus saved my self-respect and nervous system. I have found long walks cheerful companions, or visiting someone in distress a cure or at least a panacea for the "blues" and even real sorrow.

## HEALTH EDUCATION

BY DR. J. J. MIDDLETON  
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

### HEALTH CONFESSIONS OF BUSINESS GIRLS—ANNOUNCEMENT OF PRIZE WINNERS.

Out of the 200 entries for this competition the judges, Dr. Edna Guest, Miss Mary MacMahon (President, Business Woman's Club), and Miss Jessie M. Robson (Welfare Department of the T. Eaton Co.), have awarded the prizes as follows:

First Prize (\$15) Sara Taylor, Business Secretary of the Standard Medical and Surgical Clinic of Peterborough, Ltd., Peterborough. (Pen-name, "Plodder").

Second Prize (\$10) Lillie Taggart, private secretary and bookkeeper, 19 Browning Ave., Toronto. (Pen-name, "Gash-ki-tow," the Indian for Winner.)

Third Prize (\$5) Helena Driscoll, Trenton Ontario. (Pen-name, "Experienced").

#### Standards Used in Judging.

In making their decision the judges aimed at selecting letters containing the most valuable information on how to keep physically well and mentally alert and happy and such as would be of most use to other girls. Thus letters which had excellent suggestions for girls of a certain temperament ranked lower than those whose advice applied to all temperaments. The number of points covered was not taken into account except that where two letters emphasized suggestions of equal value preference had to be given to the one which gave additional good points. Realizing that the aim of the competition was to get advice from the girls themselves, all the judges did was to weigh each suggestion in the light of their combined wide experience of business life and medical science. The big point which has come out of the competition is that in the view of business girls health is dependent not only on keeping the body well fed, exercised and rested, but chiefly on keeping the mind healthy and active.

#### Winning Points in the First Prize Letter.

The prize letter was given first place on account of its two keystone points—points on which the whole fabric of a healthy, happy life must be based; one, that congenial employment is essential to health; two, that if leisure time business women should "revel" in recreation. These are obvious points, so obvious and so big that many fail to see them. How many girls realize their supreme importance—to the extent of going to

#### A Promise Is a Debt.

It is a debt of honor. Don't forget that. A promise should be just as sacred as your note. Your good faith or your lack of it is a part of your character. You can't escape that. What you promise should be backed up with your last dollar, if necessary, unless you can honestly break your promise with the consent of the other party. The man of sterling character does not make promises lightly, because to him a promise is as binding as an oath. When he makes a promise he will keep it no matter what it costs him.—O. S. Marden.

considerable trouble to find work which they enjoy, even possibly at a lower salary? Again, how many who could afford to realize that money might be well and wisely spent in getting laundry, sewing, etc., done for them and thus buying leisure and time for self-culture and self-expression?

#### Winning Points in the Second Prize Letter.

This letter started with the assumption that to be healthy girls must not only know how to keep the general laws of health, and from this went on to some psychological points. The judges feel strongly that the statement that "No girl can be mentally alert or happy if she is robbing her employer of the time for which she is paid" is absolutely sound and had a real bearing on health. Inertness, slackness and dawdling increase the drudgery of work hours and create a mental boredom which reacts on the body. Distinctly original—and also practical—is the suggestion that past and future pleasures should be made to color the present.

#### Winning Points in the Third Prize Letter.

While a minor point in this letter, that referring to 9 hours sleep, could not be urged by the judges as universally applicable, great importance was felt to attach to the necessity of avoiding narrowness of interests and to the concrete advice to associate with those engaged in different work from one's own. The old world maxim to be "civil and strange" with all would save much friction and unnecessary mental stress and finally, the occasional detachment from worldly things advocated does much to maintain mental tranquility and balance.

#### Pamphlet Embodying Most of the Letters to be Published.

The Division of Industrial Hygiene of the Provincial Board of Health now has in hand much material on health for business girls contributed by the girls themselves. A pamphlet of this first-hand advice will shortly be brought out and a copy sent to every girl who contributed. Thus business girls will have themselves written their own health manual.

#### First Prize.

##### Suggestions Towards Health.

The first essential towards health is congenial employment. Your position must be one where you can put your heart and soul into your work. Be what nature intended you for and you will be happy and incidentally healthy. One's mental attitude towards one's work determines its effect upon us physically. Find your niche and stick. Remember a failure in one position may make a huge success in another. Then do all in your power to make your work count. Do not be afraid of work.

Avoid worry by being careful and by knowing every phase of your work so well that an error is rarely made and have full confidence in yourself. Be systematic. Keep a stiff upper lip and make a joke about the things that worry you. Remember the worries of the future may not happen and our failures of the past are often the means to our greatest success. Avoid constipation and its kindred ills by eating plenty of fruit, vege-

tables and nuts. Masticate well. Do not eat when over-fatigued, emotional or over-warm. Avoid eating between meals, and too much candy, pastries and meats. Drink plenty of water.

Sleep as much as you can, consistent with your other duties, with lots of fresh air and light warm clothing.

Dress as well as your means will allow but always in keeping with the occasion, as merely being well-dressed gives you confidence in yourself that influences the attitude you bear to your work. Dress sensibly and seasonably. Keep extra articles at office for emergency.

Cultivate a cheerful, optimistic disposition. Interest yourself in your surroundings. Do not expect too much from life and then life will have its surprises. Loss of hope is killing. A laugh is as good as medicine. Let cheerfulness abound with industry. Health is partly a question of mind. If you think you are sick, that will help put a nail in your coffin. Get the health habit.

Make the most of holidays. Forget your work and revel in doing what you please. Too many business women attempt to be their own laundress, milliner, dress-maker, etc., and that is where she falls down, either in health or in making a success of her vocation. That is where a man lords it over a woman, because you rarely see a man do anything much after his work is done except enjoy himself and get ready for new duties. Your time off should give you a complete change of air, food, people, ideas, etc., and make you forget you ever worked. Get all the fresh air you can. A hobby is the best preventive of your carrying your work home. It may be gardening (and nothing is better than getting down to old Mother Earth), music, painting, anything that makes you forget your work. Have as good a time as you can, consistent with being in good trim for your work. Swimming, motoring, boating, reading, dancing, all in moderation, are fine, but nothing is better than a morning walk, with your head erect, shoulders back, as if you meant it. Calisthenics bring into play unused muscles.

Consult a specialist occasionally regarding your eyes, teeth, and general condition. Be ambitious, painstaking, thorough, and diligent; success will be the result and give you that feeling of satisfaction that makes for health. Be temperate in all things. Control all your emotions. Keep your mind mentally alert for nothing is more killing than monotony. Make your word as good as your bond; be punctual.—A. Plodder.

#### Second Prize.

Having had an experience of twenty years in business life, I would like to join with the many others who will undoubtedly be sending in suggestions regarding the life of a business girl.

After reading your article on "Health Confessions of Business Girls" I am taking it for granted that you are presuming that every girl knows the general laws of health. Of course, one realizes that it is in the keeping of the laws and not in the knowledge of them that the desired result is obtained. However, there are some things I have learned that have been very helpful to me. For thirteen years I was connected with an establishment where there were many girls employed and for the past four years I have been acting as private secretary and bookkeeper in one of our denominational offices. This last position means the carrying of heavy responsibilities and out of my experience I would like to suggest the following:

1. Be efficient—Inefficiency is no longer tolerated and if any girl desires to be mentally keen and happy she must endeavor to attain to this standing. If one is efficient there is a certain satisfaction in knowing that at

least one has given her best and instead of the word of criticism which is oftentimes merited there will be only words of commendation. Try to make yourself indispensable.

2. Believe in your work.—Take a personal interest in your work and don't rob your employer of the time for which you are paid. In many offices this is most apparent and no girl can be either mentally alert or happy if she stoops to such a practice.

3. Store up for the strenuous days memories of happy outings taken in your leisure time. A trip across the lake, a corn roast, a day spent among the beauties of that wonderful paradise, "Niagara Glen", a summer holiday when all your holiday allowance is not spent on hotel bills and clothes. And do not forget such places of interest as our Royal Ontario Museum or the Art Gallery at the Grange.

4. Be a dreamer.—Not a day dreamer, but have something to which you are looking forward with keen anticipation. It may be that you are now preparing yourself, by obtaining a higher education, to enter a profession in life or it may be that you are interested in travel. Whatever your dream may be, make it count for something. If it be travel (and this appeals to many of us), study the time-tables, obtain all the knowledge you can regarding the entire trip, and even if your dream is never realized you will have learned something which will always be an asset to you.

5. Last, but not by any means the least: Cultivate a sense of humor. If at any time when the strain is heavy and the atmosphere tense, you can see the ridiculous side, it will mean the saving of your own temper and of those with whom you work.

Many more suggestions might be given regarding this most interesting topic but the above are some of the things which have meant much to me in my own business life. Sincerely,  
Gash-ki-tow.

### —AND THE WORST IS YET TO COME



Ch. Wellington