

RED ROSE TEA 'is good tea' and extra good is the ORANGE PEKOE QUALITY

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.

A thirteen-year-old girl has just won a twenty-five dollar prize for writing an essay on the subject "Honor thy father and thy mother." She finds no difficulty in obeying this Biblical injunction, but states emphatically that good parents are a necessity if the child is to grow up into a good citizen. Her line of reasoning is very clear. She says: "Parents have had the experience which we must get, and owing to this, they can make wise decisions when we most need them, and by which we may benefit as long as we live. Make life easier for them and make them as happy as they make us; the true friends, whose love is life-enduring—mother and father."

It is surprising what clearness of intellect some children show. In this essay contest just referred to, another of the prize-winners, also a thirteen-year-old school girl, evidently had made some investigations before preparing her composition, for, she writes, "In investigating the prisons and looking over the records of the prisoners, it is found that most of the prisoners of to-day were unfortunate in having lost their parents or in having been allowed to treat them disrespectfully." The compositions were read at a Parents' Day Celebration in Central Park, New York City, arranged by "Uncle Robert" Spero, a well-known philanthropist who devotes much of his time to work among unfortunate children and to inculcating among all children a sense of filial obligation. The occasion, the first of

its kind, was noticed in all the metropolitan newspapers and supported and encouraged by the public school authorities. Just before the meeting a radio message was broadcasted, in which these suggestions were offered to parents: (1) Set proper standards for your children to follow. (2) Be friends with your children, walk and play with them occasionally. We must not live above our children but with them. (3) Do not scold too much. Encourage them to do their best. Let us remember what Phillips Brooks said: "Children are white, spotted black, not black, spotted white." (4) See that they select proper friends and associates. (5) Make home as comfortable and happy as your means permit. (6) Give your children at least a high-school education. (7) Train them in the habit of regular attendance at church and Sunday-school. (8) See that they avoid all games of chance. A gambler never can be a success in life. (9) See that your children take plenty of physical training in the open air. It is better exercise to walk than to ride in a limousine. (10) Let your children feel that any honor which they win in school, or any act of courage or unselfishness they may perform will bring great happiness to father and mother and put the family name on a higher plane of honor.

Do not forget that the future of this country depends upon how your boys and girls are trained to-day, not on how you were trained when you were children.

TEETHING TROUBLES

Baby's teething time is a time of worry and anxiety to most mothers. The little ones become cross; peevish; their little stomach becomes deranged and constipation and colic sets in. To make the teething period easy on baby the stomach and bowels must be kept sweet and regular. This can be done by the use of Baby's Own Tablets—the ideal laxative for little ones. The Tablets are a sure relief for all the minor ailments of childhood such as constipation, colic, indigestion, colds and simple fevers. They always do good—never harm. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Green and Fresh.

Mary—"That yap tried to make love to you, eh? He's positively green."
Ann—"Perhaps that's why I found him so fresh."

Too Zealous.

P.C. X99999 was walking along the bank of a canal, when he came upon a youngster sobbing bitterly. Stopping him, he asked:

"What's the matter?"
The youngster, still crying loudly, pointed to mid-stream, where a hat was bobbing up and down on the water.

"My brother—" he sobbed.
In a flash the courageous constable plunged into the murky water. Thrice he dived, but at last he was forced to come to shore again with only the hat in his hand.

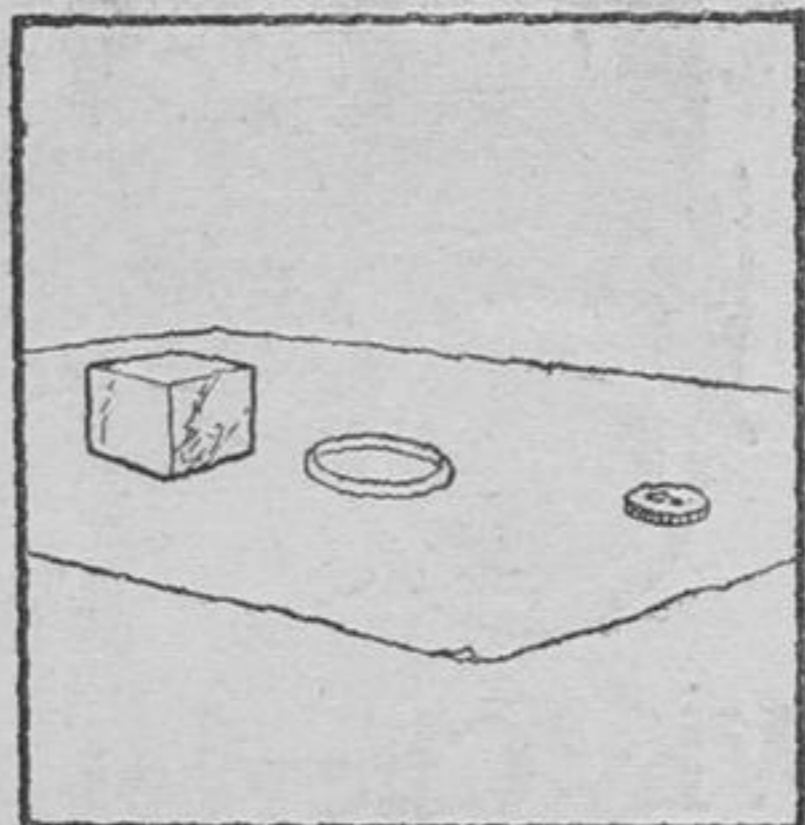
"Can't find him!" he gasped. "Where was he standing when he fell in?"

"He—he—he—" the boy blurted, "he didn't fall in! I was going to tell you that he threw my hat in, but you wouldn't let me finish."

In Zululand the atmosphere is so clear that objects can be seen by starlight at a distance of seven miles.

Some men never find the key to success, because they don't look in the right place—inside their own minds.

EASY TRICKS The Ring And Block



A coin, a harness ring and a block of wood are used in this little illusion. A piece of paper—wrapping paper—is also used but the spectators do not know how important this is.

The harness ring and the block of wood are placed on the paper. The coin is then marked and is placed some distance away, also on the paper. The block of wood is placed on the harness ring and the two are placed on the coin. The inevitable magic word is said and the block of wood is lifted. The coin has vanished. The block is replaced, another magic word is said and both block and ring are lifted. The coin reappears.

The harness ring is about as big as a half dollar. The opening of the ring is very neatly covered with paper—the same wrapping paper mentioned as being so essential. The block of wood should be about the size of the ring, so that the two can be lifted together without awkwardness. When the ring rests on the paper, the fact that it is prepared cannot be seen—except by careful inspection of the ring, because the paper matches perfectly. The secret being known, the operation of the trick will be easily understood.

(Clip this out and paste it, with other of the series, in a scrapbook.)

GREEN TEA IMPORTS LARGER.

Statistics from Ottawa show that in 1923—553,977 pounds more Green Tea were brought into Canada than in 1921, and 906,728 pounds more than in 1922. The reason given is that the fine quality Green Teas of India and Ceylon have displaced the inferior Japan and China Greens which, due to their low price, were imported heavily some years ago. Salada Tea Company is the largest importer of India and Ceylon Green Teas.

Companionship with a powerful person is never to be trusted.

Words With Changed Meanings.

If we wish to label anything strange or barbarous we say it is "outlandish," but when the Bible speaks of an "outlandish woman" it means a foreigner.

Another curious expression in the Authorized Version is "The other basket had very naughty figs." That means fruit which was good for naught. To-day the word "naughty" means "ill-behaved." In the Prayer Book the word "presently" means "at the present time," but to-day it always means a future time, though not far distant.

When the Authorized Version of the Scriptures was first printed the word "careful" meant "full of care and anxiety," as in "careworn," but if a man were said to be careful it would to-day be a good testimonial. Thus, when the New Testament tells us to "be careful for nothing," it is not enjoining wastefulness and speaking against thrift, but simply telling us not to worry about anything.

Universal Music.

There's music in the sighing of a reed;
There's music in the gushing of a rill;
There's music in all things, if men had ears—
Their Earth is but an echo of the Sphere's.

—Bryon—Don Juan.

NERVOUS DEPRESSION

Why People Are Low Spirited and Depressed.

Nearly all women and most men suffer at times from fits of depression and low spirits. Everything seems a burden; then come periods of nervous irritability, headaches and weariness. People who suffer this way lack vitality because their blood is poor and nerves are starved in consequence.

The only way the nerves can be reached is through the blood. By enriching the blood with Dr. Williams' Pink Pills the starved nerves are supplied with just the elements they need. This is proved by the experience of Mrs. J. E. Daidson, 12th Ave. East, Vancouver, B.C., who says:—"About three years ago I became very weak and nervous. I had pains in my side and back, and also suffered from frequent pains in the back of my head and neck. I was hardly able to do anything about the house. I would wake with a start in the night and my heart would flutter so that it almost choked me. I tried much doctor's medicine but it did me no permanent good. One day I read about Dr. Williams' Pink Pills and decided to give them a trial. These pills produced such a beneficial change in a short time that I kept taking them until I had used a dozen boxes. By this time there was such an improvement in my condition that friends would ask me what I was taking, and of course I was only too pleased to tell them it was Dr. Williams' Pink Pills. I am now feeling like a new person and am doing my own housework. We would not now be without Dr. Williams' Pink Pills in the house."

You can get these pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Woodland Scene.

One bright, sunny day in June I went by myself into the woods. As I wandered on I came to a little stream. I stopped to admire it and its surroundings. The sun was shining through the trees making the pure water sparkle like diamonds.

Next to the stream stood three trees. They were all alike in size, and towered above all the rest. The scene had a soothing effect upon me and I lay down upon the soft, mossy bank with my face to the sky. The rustling of the leaves was putting me to sleep and I thought only of the beauties of nature.

Suddenly I was startled by a little furry creature which flitted by me as if on wings. I lay very still for it was a rabbit, and I did not want to frighten it. I watched it drink the pure sun-kissed waters of the stream. The rabbit did not even notice me, but drank on in peace.

Bang! I jumped up at this, for it was the sound of a gun. When I again looked at the stream, I saw that my little friend was no longer drinking, but lay by the stream dead.

Alas! Not even in the woods can there be peace. The world is wicked. —C. D. H.

It is always safe to send Dominion Express Money Orders.

Tree Furnishes Food.

The bassia tree in India has "candy" flowers, the petals of the flower being rich in sugar, and used for food.

We endeavor to make a merit of faults that we are unwilling to correct.

Minard's Liniment for Rheumatism.

RHEUMATISM GONE, SAYS MONTREAL HOTEL MAN

F. A. Mongeau Tells How He Recovered Strength After Eight Years of Rheumatism.

F. A. Mongeau, popular night clerk at the Prince of Wales Hotel, 17 and 19 McGill College Avenue, Montreal, Canada, lends his name to further the cause of Tanlac, the treatment that has proved of such great benefit to him.

"After all Tanlac has done for me," said Mr. Mongeau, "I just feel like praising it to everybody. Eight years of muscular rheumatism had just about made a cripple of me. I got to where I simply had to limp around on a cane. My nerves became affected, my sleep unsound and I felt completely knocked out.

"Six bottles of Tanlac, taken eight months ago, made a new man of me and I have had no further trouble with rheumatism, or my health, since. My nerves are steady as a die, I sleep fine and feel the same way. Anyone wanting to know of me what Tanlac will do, just phone me here at the hotel."

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.



F. A. MONGEAU

Tanlac Vegetable Pills For Constipation. Made and Recommended by the Manufacturers of Tanlac.

Mosquitoes and Malaria.

It is estimated that the deaths annually from malaria number some two millions, and this figure may probably be multiplied by two or three hundred if we would arrive at the total number of people in the world affected by the complaint. Malaria is mainly a disease of the tropics, and is caused by a minute parasite in the blood. The parasites in one malaria patient may number anything from one hundred to a thousand millions. In many cases there are more parasites in the system of a malaria patient than there are people on the earth, and for ages it was believed that marshes and malaria were in some way connected.

Sir Ronald Ross discovered that it was not the marsh but the mosquito which bred in the marsh which was the originator of the disease, and he declares that the parasite of malaria is, to the mosquito which carries it, as a threepenny-bit would be to a hippopotamus!

When a disease-carrying mosquito bites, it injects a saliva in which are the malaria parasites. These are carried into the human circulatory system and so throughout the body.

The cure for malaria is quinine, but the prevention of malaria is the destruction of the mosquito in which it breeds.

Minard's Liniment Relieves Pain.

A Lighthouse Builder.

Two hundred years ago was born John Smeaton, an engineer, who erected his own monument in the third Eddystone lighthouse.

Smeaton's genius was almost lost to the nation, as his father, an attorney, was desirous that his son should follow the law, but, fortunately, John Smeaton was allowed to follow his natural bent, rising to eminence from the humble position of a mathematical instrument maker.

A man's brain attains its maximum weight at the age of twenty years; that of a woman at seventeen years.

TO EXPECTANT MOTHERS

A Letter from Mrs. Smith Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Trenton, Ont.—"I am writing to you in regard to Lydia E. Pinkham's Vegetable Compound. I would not be without it. I have taken it before each of my children was born and afterwards, and find it a great help. Before my first baby was born I had shortness of breath and ringing in my ears. I felt as if I would never pull through. One day a friend of my husband told him what the Vegetable Compound had done for his wife and advised him to take a bottle home for me. After the fourth bottle I was a different woman. I have four children now, and I always find the Vegetable Compound a great help as it seems to make confinement easier. I recommend it to my friends."—Mrs. FRED H. SMITH, John St., Trenton, Ont.



Lydia E. Pinkham's Vegetable Compound is an excellent medicine for expectant mothers, and should be taken during the entire period. It has a general effect to strengthen and tone up the entire system, so that it may work in every respect effectually as nature intended. Thousands of women testify to this fact.

Her One Accomplishment.

Just what a green servant girl can do anyway often puzzles the distracted housekeeper nowadays. Mr. Robert U. Johnson in Remembered Yesterdays thinks that we must expect to hear of such experiences as that of a Swedish-American friend of his who, needing a maid-of-all-work, resorted to a Scandinavian agency.

There she found a sturdy Finnish girl and asked her what she could do. Could she cook? No, she could not cook. Could she do the washing? No. Could she wait on table? No. Well, what could she do?

The girl thought for a moment and then replied, "Vel, Iy can milk the reindeer."

Classified Advertisements

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Stiff Joints

Limber up with Minard's Liniment. Leading athletes use it.

MINARD'S
"KING OF PAIN"
LINIMENT

Citicura



Clears The Scalp Of Dandruff

Treatment: On retiring gently rub Citicura Ointment, with the end of the finger, on spots of dandruff and itching. Next morning shampoo with a suds of Citicura Soap and hot water. Rinse with tepid water. This treatment does much to keep the scalp clean and healthy and promote hair growth.

Sample Each Free by Mail. Address Canadian Depot: Citicura, P. O. Box 2616, Montreal. Price: Soap 25c, Ointment 25c and 50c, Talcum 25c. Try our new Shaving Stick.