

# RED ROSE TEA 'is good tea'

Next time try the finest grade—  
RED ROSE ORANGE PEKOE

## 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.

When the discovery of adequate means to prevent a disease is found, one would suppose that the disease would soon disappear, but often it does not. Why? One reason is that when scientific knowledge runs counter to custom, the mandates of science are not put into practice as readily as they should be. Custom and habit are two wonderful things. They are sometimes useful and sometimes just the reverse. An instance in practical illustration is afforded by the prevalence of a disease known as beriberi, in the far East. For some time the relation of this disease to food has been known and recognized. In certain countries of the East the staple food of the people is rice, and the polished rice, evidently because it looks nicer and cleaner, is preferred, or at least seems to be oftentimes used. Now in polishing rice the vitamine-containing kernel is largely removed, so that a population whose chief diet is rice is liable to develop beriberi, and the disease is actually prevalent in some countries due to this very use of polished rice. What is the reason for the use of polished rice? It is largely custom, because the polished variety looks nicer and probably is more palatable to the

taste. There does not seem to be any other reason for its use except that it is the custom to use it. In this country the use of iodine in proper quantity is very effective in the treatment of goitre, yet goitre is still prevalent. One wonders why this is so, and yet it simply means that people as a rule do not take enough iodine in their food or as a medicine. Iodine is not palatable and so its use is largely confined to those who have been educated as to its beneficial qualities in the treatment of goitre. Besides, iodine must always be administered under medical supervision. Progress often experiences unexpected difficulties, as is evidenced in such cases as have already been mentioned. There are many others that one may think of, but in every case the remedy is the same, and that is education of the public. Coercion fails to bring the desired results in a country accustomed to democracy. Education seems to be the most promising measure of defence against hidden dangers. It is usually a slow process in which the educator needs constant encouragement and support lest he waver from sheer weariness or despair. Medical history affords eloquent testimony of this.

### Picnic Time.

When father's whistling 'round the yard and noticing the sky,  
And Grandma puts her knitting down and says—"It will be dry,"  
When mother's packing baskets full and auntie's helping too,  
Then I can run some errands for there's lots of things to do.

When brother's working at the car and makes it fairly shine,  
And looks the fishing tackle up and tests each rod and line,  
It somehow seems the nicest world, and how could one feel sad?  
It's picnic time at our house, and oh, but I am glad!

—Alix Thorn.

## STOMACH TROUBLE DUE TO THIN BLOOD

It Usually Disappears When the Blood is Made Rich and Red.

Thin blood is one of the most common causes of stomach trouble. It affects the digestion very quickly. The glands that furnish the digestive fluids are diminished in their activity, the stomach muscles are weakened and there is a loss of nerve force. In this state of health nothing will more quickly restore the appetite, digestion and normal nutrition than good, rich, red blood.

Dr. Williams' Pink Pills act directly on the blood, making it rich and red, and this enriched blood strengthens weak nerves, stimulates tired muscles and awakens to normal activity the glands that supply the digestive fluids. This is shown by an improved appetite, and soon the effect of these blood enriching pills is evident throughout the whole system. You find that what you eat does not distress you, and that you are vigorous instead of irritable and listless. If your appetite is fickle, if you have any of the distressing pains and symptoms of indigestion, you should at once take Dr. Williams' Pink Pills and profit by the better condition in which they will put your blood.

These pills are sold by all dealers in medicine, or you can get them by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### To a Baby Girl.

White, color of the pearl,  
Of April petals and of morning mist,  
White of the foam and surf,  
White of the snow—  
Be thine the hue above this baby girl,  
So tender now.

Green, color of the leaf,  
Of woodland pathway, sun and shadow  
kissed,  
Green of the daisied turf,  
Green of the lake,  
Be there in shining dreams when  
doubt and grief.  
Her spirit shake.

Red, color of the heart,  
Of damask roses when the world's at  
June,  
Red of the ripened vine,  
Red of the blood,  
Be thou aglor when first she plays her  
part  
Of womanhood.

Blue, color of the deep,  
Of distant hills beneath the setting  
moon,  
Blue of the dawn divine,  
Blue of her eyes—  
Be there to bless when old she falls  
asleep,  
Smiling and wise.  
—Lawrence Alma-Tadema.

### Advertising Laughs.

Amusing specimens of national humor in advertisements have been collected by the "Canadian Digest," which says of them that "some are conscious, some unconscious, and some merely stunned.

Some of the examples are:—  
Irish—"Hay, straw, bran, oats, and dripping sold here, and the fiddle taught after six o'clock."

French—Inscription (or epitaph) on a tin of imported sardines: "The oil is guarantee. The fish she is very small."

South America.—Alongside a huge restaurant was a little Chinese chop-suey restaurant. The big place put out a gigantic electric sign, "We never close." The Chinaman hung out a card, "Me wakee, too."

Aberdeen—"To let, a good shop in the Jewish quarter."

Boston (Mass).—"Keep off the grass. If you want to roam, join the Navy."

Japan—"My marvellous paper is as solid as the hide of an elephant. My goods are forwarded with the speed of a bullet."

Certain diseases are shown by marks in the eye, according to a French scientist.

Not the ability you have, but the ability you bring to bear, will overcome your obstacle.

## HARRY GRANFIELD GIVES TANLAC FULL CREDIT

"My health has undergone such a wonderful improvement that I must say Tanlac is an unusual medicine and tonic," states Harry Granfield, 153 Havety St., Toronto, Ont.

"For two years past I have been troubled with indigestion to such an extent that I felt unfit for anything. My nerves became all undone and my sleep was unsteady. My energy had about all left me and I would tire out easily.

"Since taking Tanlac I have a wonderful appetite and my stomach never

troubles me any more. My sleep is sound and restful and I get up mornings with renewed energy and really feel like active work for the first time in two years. I am strong for Tanlac."

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 Million Bottles Sold.

Tanlac Vegetable Pills, for constipation, are recommended by the manufacturers and distributors of Tanlac.

## EASY TRICKS X-Ray Eyes



The trickster asks a spectator to shuffle a pack of cards and to select a card, holding the cards face down so that neither he nor anyone else can see which card he selects. Without looking at the card, he puts it face down in an envelope which the trickster seals. The trickster holds the envelope at arms length and declares that, with X-Ray eyes, he will look through the envelope and name the card within. He names a card and opens the envelope to disclose the card he named.

The trick is largely in the envelope. This is prepared, really two envelopes being used. One envelope is pushed into the other and the flaps are pasted together. If this is neatly done the envelope will not seem to be prepared. Before the flaps are pasted together, a card is taken from the pack and put in the outer envelope between the second envelope and the front of the first. The selected card goes into the inner envelope. The flap is sealed down and most of the trick is done. The trickster names the card he put in the envelope in the first place and opens the envelope by tearing a hole in the front. While the card is being examined he absentmindedly puts the torn envelope in his pocket. There he exchanges the torn but prepared envelope for one which is torn but not prepared. As all eyes are on the card this will pass unnoticed if done deliberately and as if thoughtlessly.

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

Women's instinctive dread of rats and mice is said to be due to the fact that they knew that rat fleas were the chief carriers of plague.

Teaching parrots to talk provides a New York woman with a living.



Say "Bayer" - Insist!

For Pain Headache  
Neuralgia Rheumatism  
Lumbago Colds

Safe Accept only a Bayer package

which contains proven directions Handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100—Druggists Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mono-aceticacidester of Salicylicacid

## ASTHMA!

Take half a teaspoon of Minard's in syrup. Also splendid for internal pains.



## GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to children. The complaints of that season, which are cholera infantum, colic diarrhoea, and dysentery, come on so quickly that often a little one is beyond aid before the mother realizes he is ill. The mother must be on her guard to prevent these troubles, or if they do come on suddenly to banish them. No other medicine is of such aid to mothers during hot weather as is Baby's Own Tablets. They regulate the stomach and bowels and are absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Vain Counsel.

She is very foolish if she loves a sailor. In the night a little wind can blow her lids apart, Or if a norther rattles like a crazy man at the shutters The hours of his anger drive straight upon her heart.

There is no more peace for her—she has given the sea a hostage, Perhaps she sees a petal on a brooklet in the park Tossing in jeopardy: she hears without a reason The horror of a ship's bell clattered in the dark.

She is very foolish. Men there are aplenty Who carry their umbrellas and like a cozy life. Why should her heart cry seaward, like a petrel, like a shearwater? So she never can become a calm, contented wife.

Shepherds, charcoal burners, mountaineers and sailors All have watched the sun rise on strange sights alone. She is very foolish if she loves a sailor, But she says she never meant to; it happened unbeknown.

—Marian Storm.

Putting Water in the Water Melon. A certain man has a wonderful garden where he grows water-melons. "How do you put the water in the water-melons?" a facetious friend asked him. "Oh, I plant the seeds in the spring," he said.

Payment for articles advertised in this column should be made with Dominion Express Money Orders—a safe way of sending money by mail.

Out of every ten children, eight at least start life thoroughly healthy.

Minard's Liniment Relieves Pain.



Would Scrap Scrapping Wives. Friend—"What do you think of scrapping wives?" Mr. Meehton—"I'm for it! When's it going to begin?"

## Asthmador Guaranteed to Relieve Asthma.

"I have arranged with all druggists here, as well as in all other towns of Canada, that every sufferer from Asthma, Hay Fever, Bronchial Asthma or difficult breathing in this locality can try my treatment entirely at my risk," Dr. R. Schiffman announces. He says: "Buy a package of my Asthmador, try it, and if it does not afford you immediate relief, or if you do not find it the best remedy you have ever used, take it back to your druggist and he will return your money, cheerfully and without any question whatever. After seeing the grateful relief it has afforded in hundreds of cases which had been considered incurable, and which had been given up in despair, I know what it will do. I am so sure that it will do the same for others that I am not afraid to guarantee it will relieve instantaneously. Druggists, anywhere, handling Asthmador will return your money if you say so. You are to be the sole judge and under this positive guarantee absolutely no risk is run in buying." Persons preferring to try it before buying will be sent a free sample. Address R. Schiffman Co., Proprs., 1734 N. Main, Los Angeles, Calif.



Small Hope Indeed.

"The Government hopes to keep out Canadian wheat." "But has little hope, I suppose, of keeping out Canadian rye."

The best of medicine is sometimes unpalatable. Truth is no exception.

### Backing Up Your Best.

You can't afford to lend your time, your effort, your energies, to anything but your best. What would you think of a man at the head of a big business who would go out on the sidewalk and play marbles during business hours? There are multitudes of people who have splendid business ability and a great message for the world and yet they are playing marbles much of the time, doing things much of the time that are not worth while, that are unworthy of them.

If backing up the best thing in you with all your might will not bring success, certainly the backing up of your second best, can't bring success—O. S.M.

### Minard's Liniment for Rheumatism.

While good eyes were a requisite to the safety of primitive man, to-day, with all our artificial aids and protectors, good vision is even more a part of safety than in those centuries long ago.



## ECZEMA IN RASH ON HANDS Itched and Burned. Cuticura Healed.

"Eczema broke out on my hands in a rash of red pimples. It itched and burned causing me to scratch. I could not put my hands in water, and I could not do my work very well. The trouble lasted about two months. I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. After using it I got relief so purchased more, which completely healed me." (Signed) Miss Sarah Shulman, 255 Manning Ave., Toronto, Ontario. Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health. The Soap to cleanse, the Ointment to heal and the Talcum to powder. Sample Each Free by Mail. Address Canadian Depot: Cuticura, P. O. Box 2418, Montreal. Price, Soap 25c. Ointment 25c and 50c; Talcum 25c. Try our new Shaving Stick.

## MRS. DAVIS NERVOUS WRECK

Tells Women How She Was Restored to Perfect Health by Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"I cannot speak too highly of what Lydia E. Pinkham's Vegetable Compound has done for me. I was a nervous wreck and I just had to force myself to do my work. Even the sound of my own children playing made me feel as if I must scream if they did not get away from me. I could not even speak right to my husband. The doctor said he could do nothing for me. My husband's mother advised me to take the Vegetable Compound and I started it at once. I was able to do my work once more and it was a pleasure, not a burden. Now I have a fine bouncing baby and am able to nurse her and enjoy doing my work. I cannot help recommending such a medicine, and any one seeing me before I took it, and seeing me now, can see what it does for me. I am only too pleased for you to use my testimonial."—Mrs. EMILY DAVIS, 721 McGee Street, Winnipeg, Man.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ont. This book contains valuable information.