

RED ROSE

COFFEE

For particular people—
Roasted and packed same day in airtight cans

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.

Only by the strictest adherence to quarantine regulations can dangerous communicable diseases be kept at a minimum. Those abusing the common welfare are public nuisances and should be prosecuted as such.

The vast majority of people are willing and anxious to assist the Health Department in observing quarantine laws, but there seem to be a few persons scattered throughout every district who have no health conscience—that is, they do not seem to realize the importance of any preventive or quarantine measures to prevent or curtail the spread of communicable disease.

Just recently I met a peculiar, but alas, all too common type of individual whose daughter had contracted scarlet fever. He was not at all willing to keep her isolated after the actual fever had passed away, his reason being that she had got the disease from somebody else and somebody else again could get it from her. A most despicable attitude, you will say and yet knowing that such people are about, can you wonder at the unsatisfactory results obtained sometimes even when the health authorities do their best to

educate the public as to the dangers of communicable diseases, and try to get public support and co-operation in carrying out measures that are necessary for the public welfare.

A few days ago in a Michigan town two cases of scarlet fever were reported by a citizen. When the state medical inspector arrived on the scene he actually found six cases. This state of affairs showed a gross laxity on the part of somebody, and as a result an epidemic of scarlet fever is now threatening that district. The despatch states that the blame for the situation in this Michigan town can be traced to abject carelessness on the part of the local health officer. But for the efforts of a former health officer, the schools would probably have to close their doors. Quarantine has been very poorly observed in the municipality, and on one of the persons disregarding it, a fine of fifteen dollars has already been imposed. It seems inconceivable that such vital things as health regulations should be disregarded in this day and age. If ignorance is bliss, then bliss is short-lived if the ignorance concerns itself with health matters.

First Sunday School Founded by a Woman.

Sunday School Day, which has just been observed by more than 30,000,000 scholars and teachers in England, is a celebration that contrasts with the humble beginnings of the movement.

Sunday schools were formally founded by Robert Raikes, a Gloucester printer and publisher, who, in 1780, noticing some urchins playing in the street on a Sunday morning, collected a number of them and formed them into a class for private religious instruction.

His account of the innovation, published in the Gloucester Journal, was copied by the London press, and in this way the great Sunday school system was launched. A statue of Raikes is on the Thames embankment.

But it is wrong to credit him with

being the sole originator of the idea. The honor rightly belongs to Hannah Ball, of High Wycombe, who opened a Sunday class in 1769.

In Great Britain and Ireland there are approximately 51,000 Sunday schools, 690,000 officers and teachers, and 6,670,000 scholars—in all, 7,360,000 persons. From these figures it would appear that one in every six or seven of the entire population of Great Britain and Ireland attends Sunday school.

The present membership shows a decrease compared with that of ten years ago of about 900,000.

Uncertain.

Teacher in the geography class—"Johnny, how is the earth divided?" Johnny (who reads the foreign news)—"Don't know; I haven't read the papers this morning."

Winnipeg Newsboy Wins Honors



Ben Loban, once a Winnipeg newsboy, who has just completed three years scholarship at the Royal Academy of Music, London, where he won two bronze and two silver medals as well as the final certificates of merit. This he accomplished in two and a half years, six months less than the usual time. Loban is 22 years of age, and has played before the Prince of Wales and Princess Louise. He commenced his studies at the Columbia Conservatoire at Winnipeg. The photograph was taken as he boarded the Canadian Pacific S.S. Montrose on his way home to Canada.

BABY'S OWN TABLETS ALWAYS KEPT ON HAND

Mrs. David Gagne, St. Godfrey, Que., writes:—"I have used Baby's Own Tablets for my three little ones and have found them such an excellent medicine that I always keep them on hand and would strongly advise all other mothers to do the same thing." The Tablets are a mild but thorough laxative which quickly relieve constipation and indigestion; break up colds and simple fevers and promote that healthful refreshing sleep which makes the baby thrive. They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Modest Stevenson.

The only visit that Robert Louis Stevenson paid to the bookshop of Mr. Walter T. Spencer, in London, made a lasting impression on the owner. In Forty Years in My Bookshop Mr. Spencer thus describes it:

Always I remember the night when Robert Louis Stevenson came into my shop. It was in the year 1885 that he made his one call on me, during a break in a journey from Edinburgh to Bournemouth. The day had been very wet, and he sat down wearily in a chair in my shop parlor to examine some pamphlets that he had inquired about. He told me that one of his shoes leaked, and I suggested that he take it off and allow it to be dried.

I thought Mr. Stevenson would be interested to see a catalogue that I had just issued in which the first edition of his New Arabian Nights (two volumes, published in 1882) was listed at 8s. 6d. in the original cloth. A moment earlier he had been depressed by the sight on my shelves of some sixty copies of the book—a library surplus that I had purchased for a shilling a volume. I can see now the change on his face as he looked up from the catalogue.

"But, Mr. Spencer," he said wistfully, "no one asks about first editions of my books, do they?"

Poor Stevenson's lack of self-confidence was never justified, for the book gradually increased in price, moving to four guineas, to six, to eight. At the sale of Colonel Pridaux's library I gave £47 for a copy. But neither R.L.S. nor I, as we sat there talking on that rainy night, ever thought I should live to see the day when, knowing how limited is the edition, I had to bid £101, as I did in 1921, for a book that thirty-seven years earlier I had priced at 8s. 6d. An exceptional experience surely in a bookseller's own lifetime!

Minard's Liniment Relieves Pain.

Prepared for the Worst.

Jones had found a slip of paper on his lawn. It was an accurate and detailed plan of his private office. The exact position of the stairs was noted. Notes showed which doors swung in and which swung out. Even the windows were set down. Jones was alarmed.

"Some burglar must be going to raid my office," he told his family.

"Oh, that isn't it," cried his daughter, glancing at the sketch. "Those notes are in Jack's handwriting. He's coming down to your office to ask you to let him marry me."

The letters of the word can be the initials of the positive statement, "Cast away negation." That is the first step for a young man to take if he wants to succeed in a big way.

—J. E. Greenslade.

TANLAC MEETS TEST FOR OVER 3 YEARS

"The more I know about Tanlac the more I feel like praising it," says Mrs. Samuel Shelly, 56 Wood St., Toronto, Ont., Canada. "I always take Tanlac when I begin to feel run-down and it has met my health needs for the past three years."

"For years before I learned of Tanlac I was in such an awful rundown condition that at times I would get so weak and nervous I couldn't do my house work. I was down to almost a skeleton and still losing weight all the time. Headaches nearly drove me

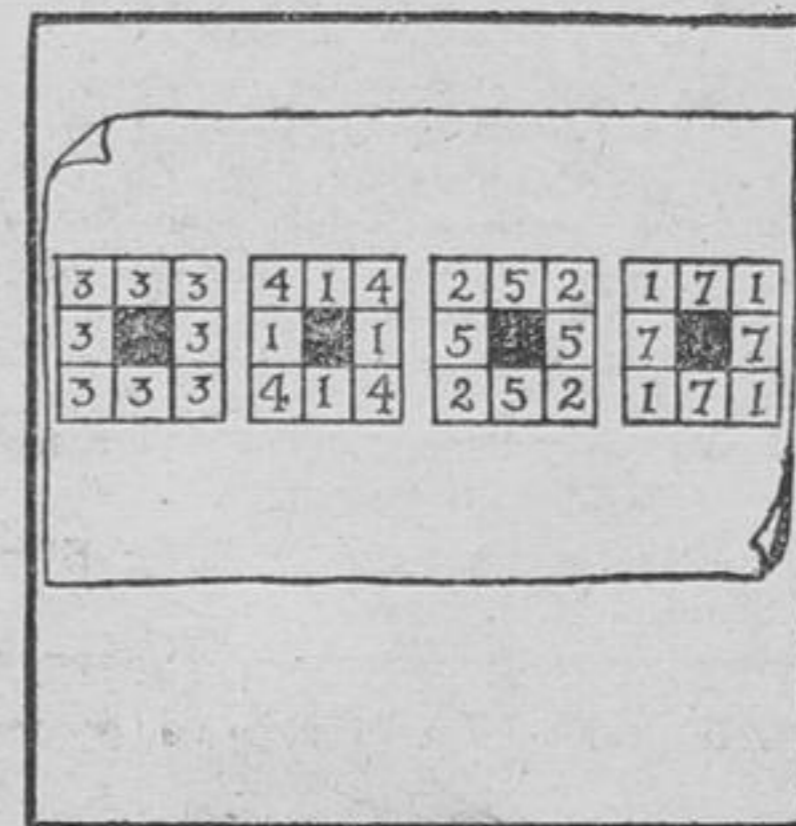
mad and I had a sickly, sallow complexion.

"Tanlac has increased my weight 14 pounds, and has given me a wonderful appetite. My nerves are steady. I sleep well and have health and strength that makes life a pleasure."

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

Tanlac Vegetable Pills for constipation; made and recommended by the manufacturers of Tanlac.

EASY TRICKS Nine In A Row



Draw on a large sheet of paper the design shown at the left. Place in each square (except the middle one) three coins, matches, buttons or other counters. Call to your friends' attention the fact that no matter how the counters are counted, there are nine counters in each row. The problem is to take away four counters and rearrange so that there are still nine matches in each row. The second problem is to return the four and four more and rearrange again to get nine matches in each row. The third problem is to add four more counters and again rearrange to get nine in each row. The illustration shows the method.

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

When ordering goods by mail send a Dominion Express Money Order.

Glasshouses and forcing frames covering three acres are hidden away in the centre of Hyde Park, where all the bedding plants are grown for the flower-beds in London's central parks.

Minard's Liniment for Rheumatism.

Five of the eight largest liners in the world, the Majestic, Columbus, Leviathan, Olympic, and Mauretania, were all in Southampton during the same four days recently.

When Cupid hits his mark he generally Mrs. it.

Genuine **ASPIRIN**
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

MURINE You Cannot Buy New Eyes
FOR YOUR EYES But you can Promote a Clean, Healthy Condition Use Murine Eye Remedy "Night and Morning."
Keep your Eyes Clean, Clear and Healthy. Write for Free Eye Care Book. Murine Eye Remedy Co., 9 East Ohio Street, Chicago.

Insect Bites!

Minard's takes the sting out of them. Take it to the woods with you.

MINARD'S "KING OF PAIN" LINIMENT

MONEY TO LOAN.

FARM LOANS MADE, MORTGAGES purchased. Reynolds, 77 Victoria, Toronto.

FOR SALE.

CHEAP, ON EASY TERMS, only \$500 down or secured, balance at 7%. Improved farm, 125 acres in Township of Ekfrid, County of Middlesex; mixed soil, sand and clay loam; brick house with frame out-buildings. About a mile west of Middlemiss. Address: M. J. Kent, Box 419, London, Ontario.

AGENTS WANTED.

NO MATTER HOW SMALL OR large the place you live in you can make money as our Agent. Ten to Twenty-Five Dollars weekly for any lady with a few hours to spare. One dollar for sample outfit starts you in business. Resident Agent wanted in every town and village to take orders for Ladies' House Frocks, Porch Aprons, etc., direct from Manufacturer to Wearer. We deliver and collect. Send One Dollar for sample outfit and shake hands with success! W. R. Jarmain & Co., Manufacturer of House Frocks, Porch Aprons, Wash Dresses, etc., London, Ontario.

The great manufacturers are not those possessing vast mechanical knowledge, but rather those who have visions and dreams, the men with courage and hopefulness.—Roger W. Babson.

PUTS HEALTH AND VIM INTO WOMEN

So Says Mrs. MacPherson of Lydia E. Pinkham's Vegetable Compound

Brantford, Ontario.—"I was always tired and the least exertion would put me out for a day or two. I had a pressing pain on the top of my head, pain in the nape of my neck, and when I stooped over I could not get up without help, because of pain in my back. I did not sleep well and was nervous at the least noise. I keep house, but I was such a wreck that I could not sweep the floor nor wash the dishes without lying down afterwards. A friend living near me told me what Lydia E. Pinkham's Vegetable Compound had done for her so I began to take it. With the first bottle I felt brighter and got so I could wash dishes and sweep without having to lie down. Later I became regular again in my monthly terms. I have taken ten bottles all told and am now all better. I can truly say that your wonderful medicine cannot be beaten for putting health and vim into a woman."—Mrs. JAMES H. MACPHERSON, 309 Greenwich St., Brantford, Ont.

If you are suffering from a displacement, irregularities, backache, or any other form of female weakness write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women."

FACE BROKE OUT WITH PIMPLES

Hard, Red and Large. Itched and Burned. Cuticura Healed.

"My face broke out with pimples that looked terrible. They were very hard, red and large, and they festered and scaled over. The pimples itched and burned something terrible. My face looked terrible and I hated to go any place. The trouble lasted over a year."

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more, and after using several cakes of Soap and a couple of boxes of Ointment I was healed." (Signed) Miss Gertrude Wagner, Rt. 5, Britain Ave., Benton Harbor, Mich., Sept. 10, 1923.

Use Cuticura Soap, Ointment and Talcum daily and keep your skin clear and healthy.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura," P. O. Box 2618, Montreal. Price, Soap 25c, Ointment 25c and 50c, Talcum 25c. Try our new Shaving Stick.

Refresh Yourself

Says the Hostess

Order a case from your grocer. Keep a few bottles in your ice box.



Drink

Coca-Cola

Delicious and Refreshing

The Coca-Cola Company of Canada, Ltd.
Head Office: Toronto