

RED ROSE TEA 'is good tea'

Folks who want the very best use
RED ROSE ORANGE PEKOE T-3

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.

Remarkable advance has been made in the prevention and cure of disease during the past few years. This can be attributed in large part to the general improvement in sanitation and knowledge of the science of healthful living. As compared with the death rate of 1880, a million and a half lives were saved in the United States last year, according to figures just issued by the census bureau.

Wide differences in the death rate, in some cases a little short of tragic, are shown, while in other cases there is a healthful condition of affairs. Here and there geography may account for the differences but in others no such explanation seems adequate. Very similar conditions prevail throughout the cities and rural districts of Ontario. In some cases the general death rate is high, in some cases the infant death rate is high. Reverse conditions are found in other communities.

A city without slums and a Board of Health that really functions are two important reasons given for the low death rate in one city in Ohio. The report says: "A full time health officer laid the foundation of health work which has been continued and expanded. The enforcement of quarantine in contagious and venereal diseases has been very efficient. Mostly modern school buildings help keep down

children's diseases. Probably one factor in our health standing is the physical examination by large rubber industries of all prospective employees in connection with employers' liability laws." Another city with a low death rate has this message: "There are no slum districts or squalid tenements from one end of the city to the other. Pure water, pure milk and pure food—those are the things which count in our favor. In every case of low mortality rate the reasons given are practically the same:—"Vigilance of the Health Department, and its result on pure food, the city clinic, the baby hospital, the water supply, a constant educational campaign, the services of public health nurses and similar measures." Measures that have been given credit for keeping down epidemics, especially water-borne diseases, include the system of health inspection in the schools, strict quarantine regulations among adults, the work of the anti-tuberculosis society, food inspection and well-enforced sanitary regulations generally. Added to this, and of great importance, is the medical fraternity of the cities concerned, which co-operates wholeheartedly, and a public which sensibly recognizes the value of precautionary health measures.

These points are worthy of consideration if health work is to be really effective in any community.

Saturday's Child.

Some are teathed on a silver spoon,
With the stars strung for a rattle;
I cut my teeth as the black raccoon,
For implements of battle.

Some are swaddled in silk and down,
And heralded by a star;
They swathed my limbs in a sackcloth gown
On a night that was black as tar.

For some godfather and goddame
The opulent fairies be;
Dame Poverty gave me my name,
And Pain godfathered me.

For I was born on Saturday,
"Bad time for planting a seed,"
Was all my father had to say,
And, "One mouth more to feed."

Death cut the strings that gave me life,
And handed me to Sorrow,
The only kind of middle wife
My folks could beg or borrow.

—Countess P. Cullen.

The Only Reason.

Bingo—"I'm going to bring my wife round to call on you to-night."

Winterby—"That's right; but do me a favor, old man. Don't let her wear her new costume. I don't want my wife to see it just now."

Bingo (grimly)—"Why, that's just what we are coming for."



ASPIRIN
Say "Bayer Aspirin"

INSIST! Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 24 years.

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 Monosaccharide of Salicylic acid

Deserved to Succeed.

A story that is characteristic of Lord Leverhulme—for has he not himself made good owing to his dogged perseverance?—relates how a certain dogged and persevering commercial traveller worried the manager of a business, in the most praise-worthy way, for an order.

The manager, however, was one of those nasty, soulless creatures, and turned the traveller away every time. Finally, he went still further and had the poor man thrown out.

The traveller picked up his hat, and also himself, rushed upstairs again, and hailed the manager.

"Look here, sir," he panted. "Joking apart, what about that order?"

TRIALS OF INDIGESTION

Common Errors About This Trouble Into Which People Fall.

Many people so far misunderstand the digestive system as to treat it like a machine; neglecting it until it works sluggishly, then irritating it into work again by the use of purgatives. The stomach needs help at all times, but a study of the process of digestion will show that purgatives, as commonly taken, are seldom necessary and often harmful.

To safeguard your digestion the diet must be controlled. Over-eating is always harmful, but one must assimilate enough food to supply the needs of the blood. Remember, the blood has to carry nourishment to all parts of the body and find fuel for its energy. Hence when the blood becomes weak and fails to do its work, indigestion arises. Therefore the sure remedy for indigestion is to build up the blood. If you suffer from any form of indigestion choose your diet carefully and take wholesome nourishment. Above all, start building up your blood by taking a course of Dr. Williams' Pink Pills. Then under the influence of the new blood supply, your digestive system will respond naturally, your appetite improve and your food will do you good. So begin to improve your digestion by starting to take Dr. Williams' Pink Pills now.

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

CHILDHOOD INDIGESTION

Nothing is more common in childhood than indigestion. Nothing is more dangerous to proper growth, more weakening to the constitution or more likely to pave the way to dangerous disease. Fully nine-tenths of all the minor ills of childhood have their root in indigestion. There is no medicine for little ones to equal Baby's Own Tablets in relieving this trouble. They have proved of benefit in thousands of homes. Concerning them Mrs. Jos. Lunette, Immaculate Conception, Que., writes: "My baby was a great sufferer from indigestion, but the Tablets soon set her right, and now I would not be without them." Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Pocket Sundials.

It was not uncommon in the days of Queen Elizabeth for men to carry pocket sundials for the purpose of time-telling.

Dials of all kinds were common then, though previous to that time they had been little used in this country. One of the oldest, erected about the time of Edward the Confessor, is still to be seen over the south door of Kirkdale Church, in Yorkshire, England. It bears the inscription: "This is the sun's marker at every hour, and Hayward made me and Brand the priest."

The fashion for dials began to spread until the whole countryside, particularly in the North and in Scotland, was dotted with them. We see them today in interesting forms at St. Andrews, Melville House, Hollywood Castle, Dundas Castle, and many other places which are popular resorts of sightseers to England.

The legends engraved on some of these old dials are very quaint. One, humble in its opinion of itself and mankind, announces: "Shadows we are, like shadows we depart."

In China and Japan small dials made of boxwood are still carried and consulted by their owners.

Minard's Liniment for Rheumatism.

Spoiled.

It was her birthday. "Dearest," his note read, "I'm sending you a rose for each year of your life."

Diplomatically, he ordered the florist to deliver but twenty roses.

When he had gone the florist said to himself, "Well, Blimpson is a good customer, I'll add another ten for good measure."

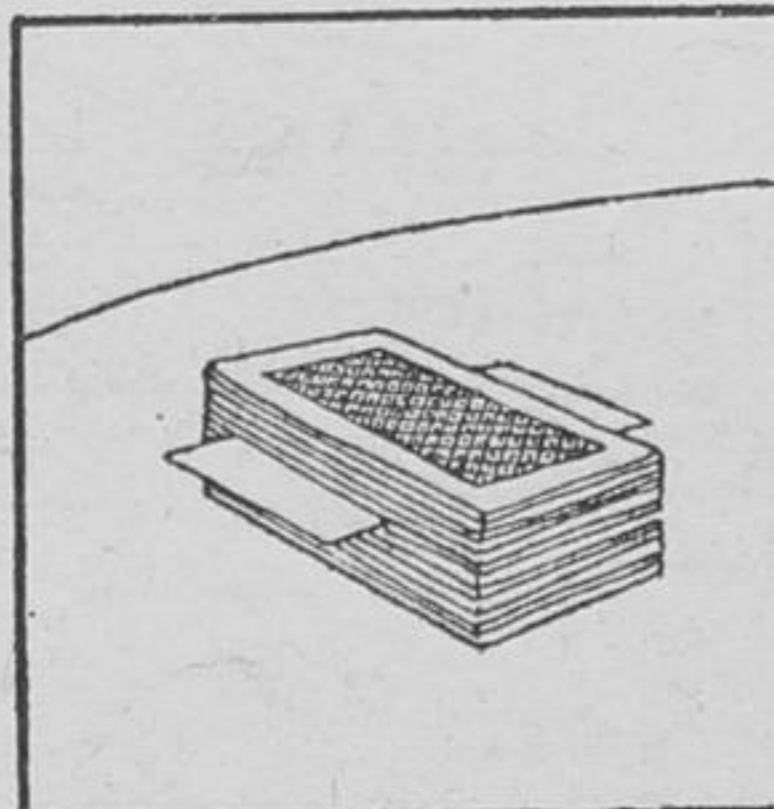
He who receives a good turn should never forget it; he who does one should never remember it.—Charron.

WHEN IN TORONTO VISIT THE

Royal Ontario Museum

253 Bloor St. West, near Avenue Road. Largest permanent exhibition in Canada. Archaeology, Geology, Mineralogy, Palaeontology, Zoology. Open daily, 10 a.m. to 5 p.m.; Sunday, 2 to 5 p.m. Bloor, Bay, and Church cars.

EASY TRICKS The Cut Foretold



This stunt is invariably successful if it is performed in a matter of fact, straightforward manner. Observe, while shuffling the cards which card is on the bottom of the pack. This can easily be done, and will excite no suspicion as the trick does not immediately follow. Borrow a business card, write the name of the card you observed on it and seal it in the envelope. Before doing this, place the pack of cards, face down, on the table.

Ask the spectator to cut the cards into two parts in the usual manner. Place the envelope on the packet which was the upper pack—or ask a spectator to do this and place the other packet on the envelope.

The rest of the trick consists of showing, in as impressive a manner as possible, the "fact" that before the cards were cut that you wrote the name of the card at which the spectator cut.

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

Brothers of B.C.

"Attempt not to direct a married woman in her house when thou knowest that she is a perfect housewife. Say not to her: 'Where is that (i.e., such-and-such a thing)? Bring it to us;' when she has put the object in its proper place."

This was not written in A.D. 1924, but round 4,000 B.C. It is one of many similar sayings of Egyptian sages that go to prove that the great brotherhood of married men had the same problems and the same tribulations in the days of the Pharaohs as in the days of King George V.

These sayings are contained in the Moral Papyrus, which have been collected by Sir Ernest Wallis Budge, the famous Egyptologist, and are now being published in book form. Other gems from this husbands' "Golden Treasury" are:

The interfering man only sets confusion in his house."

"If thou wouldst be wise or prosperous, get married."

"Undertake nothing as the result of having drunk beer. For if thou dost, words which can have a second meaning may come forth from thy mouth without thy knowing it. When thou fallest down and breakest thy bones, there will be no one there to put out his hand to help thee. Thy boon companion will stand up and say: 'Away with this drunken beast!'"

Quite Respectable.

"I hope," remarked his mother to little Willie, who had been to a party in her absence, "that you washed your hands before tea."

"I didn't have time to wash more than one," he confessed, "but I ate with that and kept the other in my pocket."

CLEAN SEED GRAIN

Fanning Mills—I supply screens, wire cloth, zinc, repairs—Chatham Fanning Mills and other makes. Incubator supplies; Thermometers.

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Rub It In!

For pain, stiffness, or inflammation apply Minard's and rub it in.



Old People

Bitro-Phosphate feeds the nerves and old people need it to make them feel and look younger. It's the one best nerve builder for weak, nerve-exhausted men and women and that is why druggists guarantee it. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

CREAM

Ship your Cream to us and obtain the best results with highest price for number one quality. Daily returns, cans supplied, and express charges paid. Write for cans now.

BOWES CO., Ltd. - TORONTO

MONEY TO LOAN.

FARM LOANS MADE—Mortgages purchased. Reynolds, 77 Victoria St., Toronto.

Artificial Silk Stockings.

Silkworms live on a particular sort of Mulberry leaves, from which they extract a substance known as cellulose, digest it, and afterwards spin it cut into threads of silk.

Science, however, has discovered that the cellulose can be digested by chemical means without the aid of the worm. Furthermore, there are substances other than mulberry leaves which contain this cellulose.

Pinewood, for instance, contains it, the extract being treated in one of several methods all resulting in much the same way, the artificially "digested" cellulose being converted into a treacle-like liquid capable of being drawn out into threads.

These threads are then hardened and set, afterwards being spun into the "silk" which either alone or in combination with other material, makes artificial silk stockings.

Minard's Liniment Relieves Pain.

Nothing Less Than a Million for This Little Girl.

The perfectly absurd inflation of the German currency has been the source of some humor along with a great deal of wretchedness. So the Berlin paper Ulk tells of a little German girl who informed her father that she could count. "Wonderful!" exclaimed her father. "Begin then!"

"One million, two million, three million," said the child importantly.

Mighty Ruler.

Teacher—"Now, Tommy, which ruler inspired the most respect and fear?"

Tommy—"Please, sir, the one on your desk."



TO EXPECTANT MOTHERS

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

Spring Valley, Sask.—"I took the Vegetable Compound before my last confinement, when I got to feeling so badly that I could not sleep nights, my back ached so across my hips, and I could hardly do my work during the day. I never had such an easy confinement and this is my sixth baby. I read about Lydia E. Pinkham's Vegetable Compound in the 'Farmer's Telegram' and wrote you for one of your books. We have no druggist in our town, but I saw your medicine in T. Eaton's catalogue. I am a farmer's wife, so have all kinds of work to do inside and outside the house. My baby is a nice healthy girl, who weighed nine pounds at birth. I am feeling fine after putting in a large garden since baby came. (She is as good as she can be.) Yours is the best medicine for women, and I have told about it and even written to my friends about it."—Mrs. ANNIE E. AYARS, Spring Valley, Sask.

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 as nature intends. All druggists sell this dependable medicine. Give it a trial.



Keep The Hair Live And Glossy With Cuticura

On retiring, gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with a suds of Cuticura Soap and hot water. This treatment does much to keep the scalp clean and healthy and promote hair growth.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura, P. O. Box 2616, Montreal." Price: Soap 25c, Ointment 25c and 50c, Tablets 25c. **Save!** Try our new Shaving Stick.