

# RED ROSE TEA 'is good tea'

Fine, brisk flavor! Best of all in 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.

Albumin in the urine is a condition that should be given attention at once. A correspondent writes to inquire what causes albumin in the urine and whether or not it is an inflammation of the kidneys and if a weak heart will cause it.

One of the most constant accompaniments of kidney disease may be present without albumin showing, and albumin may be in the urine without kidney disease. Heart disease has a direct effect in producing albuminuria by causing engorgement of the kidneys with blood, as a result of poor circulation. Urine which contains blood or pus shows albumin. These substances may come from the kidney or from any other part of the urinary tract or from an abscess which bursts into that tract, or in the case of females, from the generative system. In ordinary cases, however, and for the most part, the most common cause of albumin in the urine is kidney disease. To some extent the albumin present is an inflammatory exudate, but to a great extent it is due to serum-

albumin circulating in the blood vessels which escapes with the urine because the damaged cells of the kidneys can no longer prevent it escaping.

There are other conditions, of course, where albumin appears in the urine, such as febrile diseases where the temperature is high, probably because the poisons in the blood damage the kidney cells. It sometimes happens that albumin will be present in the urine after an epileptic seizure and in connection with various other nervous disorders. There is also what is known as functional albumin in the urine which occurs without any apparent cause. It often is found in young people at the adolescent stage of life and is often discovered quite accidentally, for instance, in the course of examination for life insurance.

The correspondent also asks about the effect of saccharine on the kidneys. There is not much danger in the use of saccharine, provided it is used in moderate quantities.

## NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. Georges Lefebvre, St. Zenon, Que., writes: "I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Lefebvre says thousands of other mothers say. They have found by trial that the Tablets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish indigestion, constipation, colds, colic, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**Work for Work's Sake.**  
Work thou for pleasure; paint or sing or carve  
The thing thou lovest, though the body starve.  
Who works for glory misses oft the goal;  
Who works for money coins his very soul;  
Work for work's sake, then, and it may be  
That these things shall be added unto thee.  
—Kenyon Cox.

**House and Home.**  
"A house is built of wood and stone, of posts and sills and piers,  
But a home is built of loving deeds that last a thousand years."

## TOILET FIXTURES FOR SALE

Bowls, tanks, wash-basins, also heating equipment, including piping coils, 125 h.p. tube boiler, used lighting equipment, such as conduits, switch boxes, etc., all in building being altered at 73 Adelaide Street West. This material must be sold at once. Real Estates Corporation, Limited, Top Floor, 73 Adelaide St. West, Toronto. Telephone Elgin 3101.

## BOILER

Water tube type, 125 h.p., in good condition, also a large amount of plumbing, lighting and heating equipment. Will sell entire or in part at great sacrifice because of alterations to our property. Real Estates Corporation, Limited, Top Floor, 73 West Adelaide Street, Toronto. Telephone Elgin 3101.

## Thin Folks

If you are weak, thin and nervous, let your druggist supply you with Bitro-Phosphate. It is guaranteed to increase weight and strength and restore energy, vigor and nerve force. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

## Premature Burial.

Fears of premature burial have resulted in the formation of a society to effect reforms in the law of death certification. There is, however, nothing new in these fears.

The Egyptians kept the bodies of the dead under careful supervision by the priests previous to embalming, and until satisfied that life was extinct. The Greeks were aware of the dangers of premature burial and often cut off the fingers of a person believed to be dead before cremation.

In modern times, the fear of being buried alive has haunted many. Wilkie Collins had this fear, and always left overnight on his dressing-table a note solemnly enjoining that, should he be found dead, his supposed death was to be very carefully tested by a doctor.

Hans Anderson always carried a note in his pocket to the same effect. Harriet Martineau left her doctor ten pounds to see that her head was amputated before burial. Edmund Yates left twenty guineas with the provision that his jugular vein was to be severed.

Lady Burton (the widow of the famous traveller, Sir Richard Burton), who was subject to fits of trance, desired that her heart be pierced with a needle.

Premature burial is of the rarest occurrence, and it is doubtful if many authenticated cases could be brought forward.

## The Perilous Organ of Other Days.

There was mention a little while ago in a provincial paper of the discovery of an old "church barrel organ," said to have been in the possession of one family for over a hundred years. If it is a genuine specimen of the mechanical organ which in far-off days did duty in village churches, we have reason to believe that the congregations of those churches were in considerable danger of musical confusion. For we note that while this church barrel-organ was perfectly in order by reason of three hymn-tunes, it also could give out "Jim Crow," and "Penny Jones," not to speak of "Scots wha hae," and "Home, Sweet Home." What happened in those moments when the organist's attention strayed—presuming that the aforesaid organists were susceptible to a weakness not entirely unknown to organists of now—can be imagined. A congregation rising in its place to sing a hymn, and hearing at the organ the strains of "Jenny Jones," might reasonably be excused for unchurchlike hilarity, while the excitement of the organist can easily be imagined. Clearly, to be in command of such an instrument had its trials. Then, as now, to press the wrong button meant disaster for the organist.

## Autumn Dusk.

I saw above a sea of hills  
A solitary planet shine,  
And there was no one, near or far,  
To keep the world from being mine.

Minard's Liniment for Rheumatism.

## Boyhood Dreams.

Oh, boyhood dreams are very fair,  
The building of the castles where  
The sea-sands strew the shore,  
Or, canvass filled, before the wind,  
The lighthouse fading far behind,  
To skim the far sea o'er.

The rhythmic rise and fall of deck  
With ne'er a thought of gale or wreck,  
And youth to hold the helm.  
Strange seas, and stranger lands to find,  
And may the Fates, be ever kind  
In distant lonely realm.

The tender mother left to weep  
Will there get thoughts more near and deep  
Than if he were on shore.  
For hearts may cleave through spaceless space  
When nearer they would spurn embrace,  
And leave the sheltering door.

The boy in dreams will shake the world,  
With banners for crusades unfurled,  
And stout hearts in the making.  
So, let him go his glorious way,  
His ship will come to port some day,  
With many dreams abreaking.  
—Lereine Ballantyne.

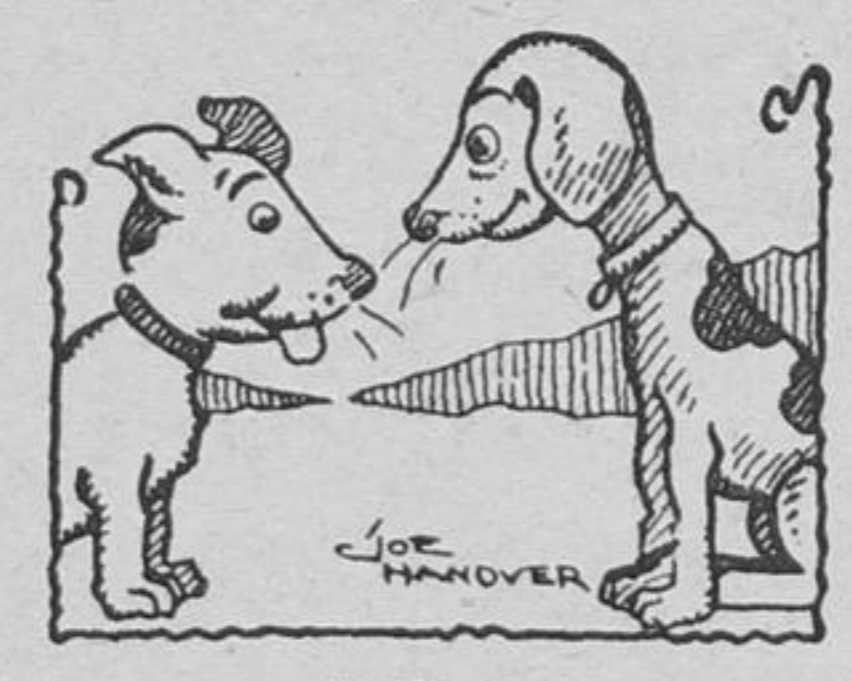
## DAWN OF WOMANHOOD

### A Time of Difficulties When Watchfulness is Needed.

Some girls upon the threshold of womanhood drift into a decline in spite of all care and attention. Even strong and usually lively girls become weak, depressed and irritable, and listless. It is the dawn of womanhood—most important in the life of every girl—and prompt measures should be taken to keep the blood rich and pure. If your blood is not in a healthy condition at this stage, the body becomes ill-nourished and other ailments develop. If the health is not maintained by a sufficiency of rich, red blood, all sorts of weaknesses are likely to arise. Remember this, Dr. Williams' Pink Pills have saved thousands of girl and women from being life-long invalids, because of their wonderful blood-making properties.

The value of Dr. Williams' Pink Pills to young women whose health was failing has been proved over and over again. These pills are the most reliable blood builder, fortifying weak nerves and creating the liberal supply of red healthy blood which a girl needs to sustain her strength.

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.



**A Hero.**  
1st Dog—"I saved nine lives to-day."  
2nd Dog—"How was that?"  
1st Dog—"Rescued a kitten from drowning."

## An Arable Desert.

The "Desert of Gobi" in Mongolia consists mostly of good grazing lands.

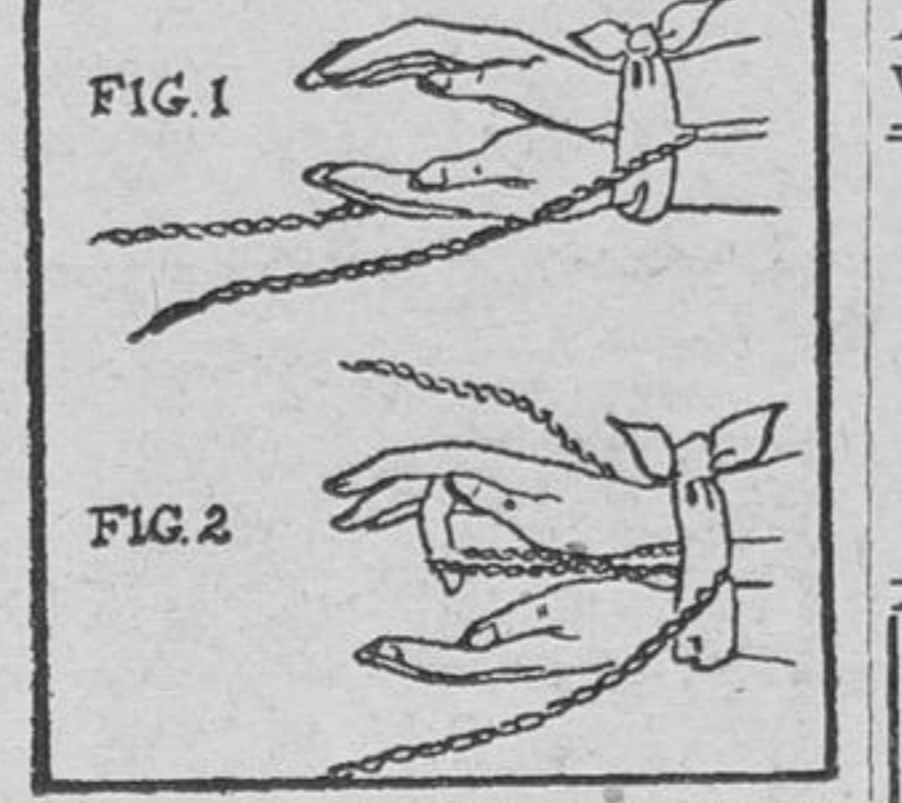
## Constipation is the arch-enemy of health

Conquer the enemy of constipation and you rout a whole army of physical foes, including indigestion, biliousness, sick headache, sleeplessness and nervous dyspepsia. Beecham's Pills have been a world-wide favorite laxative for over 80 years. They go straight to the cause of many ills and remove it. They act promptly, pleasantly and surely. Purely vegetable, harmless, non-habit-forming. These time-tested pills strengthen the stomach, stimulate the liver and

# BEECHAM'S PILLS

**Relieve Constipation!**  
Sold Everywhere in Canada

## EASY TRICKS Lightning Escape



The trickster places his hands together and asks the spectators to encircle his two wrists with a handkerchief, knotting it tightly. They are then asked to run a length of rope between his arms and to hold the ends. Apparently he cannot easily escape without removing the handkerchief. He makes a quick movement of his arms and the rope drops off, the handkerchief still circling his wrists.

The illustration gives away the secret. With one of the fingers of the right hand the trickster catches the loop of the rope and draws it down between his palm. This can be done quickly, the hands hiding the movement. The trickster then makes an upward and downward movement of his hands, at the same time thrusting his right hand through the loop. The movement of his arms will then pull the rope free of the hands and the trick is done.

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

Send a Dominion Express Money Order. They are payable everywhere.

**Tokio Libraries.**  
The great libraries of Tokio are now a thing of the past. Prior to the recent calamity, the libraries were stocked with English books. Every Japanese college student reads English; French and German having been relegated to the realm of second choice since English has been discovered to be the open sesame to Western opportunity.

**Minard's Liniment Relieves Pain.**

**Tit for Tat.**  
Visiting Spinster—"What a charming little chap! How old are you, dear?"  
Charming Little Chap—"Six in November. How old are you,"

## Classified Advertisements

**FOR SALE**  
APPLE BARRELS, ALSO BARREL Staves, Mill Slab Wood, and Cord Wood. Reid Bros., Bothwell, Ontario

**MURINE FOR YOUR EYES**  
Wholesome Cleansing Refreshing

**Stiff?**  
Minard's limbers up stiff joints and sore muscles. Splendid for rheumatism and backache.

**MINARD'S "KING OF PAIN" LINIMENT**



**Let Cuticura Help You Keep Your Good Looks**  
Nothing better to care for your skin, hair and hands. The Soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to perfume. Then why not make these delicate, fragrant emollients your every-day toilet preparations?  
Sample Each Free by Mail. Address Canadian Depot, "Cuticura," P. O. Box 2414, Montreal. Price: Soap 25c, Ointment 25c and 50c, Talcum 25c. Try our new Shaving Stick.

## TIRED OUT ALL THE TIME Nerves Gave Little Rest

Relieved by Lydia E. Pinkham's Vegetable Compound

Harrowsmith, Ontario.—"I took your medicine before my baby was born and it was a great help to me as I was very poorly until I started to take it. I just felt as though I was tired out all the time and would take weak, fainting spells. My nerves would bother me until I could get little rest, day or night. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to publish this good medicine. I lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will serve to help others."  
—MRS. HARVEY MILLICAN, R. R. No. 2, Harrowsmith, Ontario.

In a recent canvass of purchasers of Lydia E. Pinkham's Vegetable Compound over 100,000 replies were received and 98 out of every 100 said they had been helped by its use. This medicine is for sale by all druggists.

**Genuine BAYER TABLETS**

# ASPIRIN

Insist on BAYER TABLETS OF ASPIRIN

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

Colds Headache Neuralgia Lumbago  
Pain Toothache Neuritis Rheumatism

**Safe** Accept only "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 Monocetate-acidester of Salicylic acid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."