

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

HEALTH EDUCATION

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Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

What kind of person you are is due, in some measure, to heredity, but environment also plays a great part in your disposition and general character. If you are surrounded by uplifting and ennobling influences, the tendency is for you to become a better

man or woman. If, on the other hand, your surroundings are mean, squalid or debased, there is little likelihood of your leading a life above, or even equal to that of the average mortal. "Show me the people you associate with," says one authority, "and I will tell you what you are." Of course there are exceptions to this, and in our mind's eye we can recount at least a few great men who have brushed aside their forbidding environment and risen to heights of fame, but as a general rule our surroundings and external influences play a great part in what kind of people we really are. There is little need of emphasizing the importance of heredity. We do inherit traits of character from our parents, but sometimes there are great differences even among brothers and sisters. One may have generous traits, the other mean and hard as nails. Brothers and sisters may not even resemble each other in looks.

We are strange, nervous mechanisms, we humans, fearfully and wonderfully made.

S. T. Ballenger of New York, at a convention of paint and varnish-makers, told this remarkable story of the effect of such a commonplace thing as wall paper: "A young soldier, mentally wrecked by shell-shock, was experimented on by doctors. Taken to a room where everything was a vivid red, he shrieked with agony. Then they led him to a primrose yellow room. He sighed heavily and drifted into deep sleep. Kept in this room, he rapidly recovered to normal. Ballenger says scientists have discovered that a room furnished in a dark color tends to cause melancholia and an aversion to work. A red room temporarily stimulates, then reacts in nervous headaches. Blue induces calm. Green seems to impart happiness and vitality. Yellow makes people amiable, contented, soothed. This is a good tip when you redecorate your home.

Too often we are the victims of environment. What a lot of harm can be wrought in a family by a hard-hearted and thoughtless parent! How many children have left the old homestead because they did not receive any affection or even consideration! Lack of sympathy and lack of interest among members of a family are the cause of many a wrecked home. Then too, the common practice of nagging or fault-finding is bad and often leads to dire results.

An environment that is pleasant and helpful makes for a higher and better standard of living and the reverse tends only to produce unhappiness, lack of interest in things worth while and a general disposition to take a distorted view of life.

London Bridge.

The folk that live in London,
They cross, with little heed,
The bridge their fathers builded
To carry them at need.

The folk that come to London,
Hotfoot from everywhere,
They loiter by the arches,
And lift their eyes and stare.

And, London-born or strangers,
Men cross before they die
The famous bridge of London,
Beneath the London sky.

—Eric Chilman.

A GRATEFUL LETTER

From a Lady Made Well by Dr. Williams' Pink Pills.

"I wish from my heart I could persuade every person who is run down in health to give Dr. Williams' Pink Pills a trial." Thus writes Mrs. Louie Mitchell, Oak Point, Man., who further says:—"About a year ago I was a weak woman, suffering from a run down system and impoverished blood. Any little exertion would cause my legs to tremble and my heart to throb violently. I could not sweep a room or walk fifty feet without being exhausted. Then I began taking Dr. Williams' Pink Pills and after taking only 6 boxes I am as well and strong as ever. I can walk and run without stopping every few seconds gasping for breath as previously. Dr. Williams' Pink Pills will be my standby in the future if ever my blood needs building up again, and I shall always find pleasure in recommending them to anyone needing a tonic."

There are many troubles due to weak, watery blood which can easily be overcome by a fair use of Dr. Williams' Pink Pills. The sole mission of this medicine is to enrich and purify the blood and when that is done all the varied symptoms of anaemia disappear, and good health returns. You can get these pills through any dealer in medicine or by mail at 50 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Cross the Atlantic on the "Paris."

"The liner, she's a lady," wrote Kipling, and he must have had in mind this namesake of the world's enchanting capital, the "Paris." At first sight of this thoroughbred of the seas, the grace of her design impresses you even more than the immensity of her proportions.

The "Paris" is French in every line and detail. The furnishings, the cuisine, the conveniences, the comfort, the atmosphere of culture and luxury are essentially French. When you walk up the gang-plank you are in France! You enjoy six days of your visit to France before you ever set foot on her soil.

Famous Parisian decorators have made the cabins de luxe as fascinating as the rooms of any great chateau.

In the magnificent dining salon one recognizes the same Old World courtesies that make dining so delightful in famous Parisian cafes and hotels, and the same masterpieces of culinary art are offered for the traveller's enjoyment.

The kitchens of the "Paris" are a marvel—ranges of polished steel and gleaming nickel—long rows of steam serving tables—devices for timing the cooking of delicacies—white-clad chefs who take pride in their work of converting raw material into tempting dishes.

On the "Paris" children have the happiest of voyages. Governesses who speak both English and French take entire charge. They teach French, organize games and supervise the children at mealtime. Plenty of toys and a Punch and Judy show every day! So entertaining is it that the grown-ups love to visit this happy haven and join in the merriment of the fortunate little folk.

The gymnasium is equipped with every contrivance for the maintenance of physical condition. The promenade deck and the sundeck afford opportunity for healthful exercise. The fresh ocean air gives zest to the morning walk, and you may play deck tennis, shuffleboard, golf, or a variety of other sports.

You do not need to wait until you reach Paris to enjoy the novelty of the Boulevard meal—on the cafe terrace, with its flowers and shrubs and tiny tables, you may sip luxuriously, while looking out over an ivory-crested, jade-hued sea.

For the evening there is the music of a famous orchestra for dancing in the Grand Salon; concert programmes and often the impromptu appearances of internationally known artists.

The Anglo-Saxon visitor acquires something of the French capacity for enjoyment, for the care-free laughter that makes one young again; this remains an unforgettable inspiration.

One of the French Line offices is situated at 51 Adelaide Street West, Toronto, where information is promptly supplied.

Touching Wood.

Many people, after they have boasted of their good luck, proceed to "touch wood." So did our remote ancestors, the tree worshippers.

An authority on such matters wrote: "The remarkable similarity in customs all over Europe points to the conclusion that tree-worship was an important element in the early religion of mankind, especially of the Arvan stock, and the singular uniformity of rites and ceremonies which can easily be shown to exist in widely separated countries warrants us in believing they cannot have changed much from very remote ages; and that the practices continued down to a very recent period—some even among ourselves—were substantially identical with the rites and ceremonies observed by Egyptians, Etruscans, Greeks, and Romans." The primitive belief was that spirits resided in trees. Without this basic idea being entirely lost, there came the period of the Sacred Groves and the Druids' Oaks, and then the dedication of certain sorts of trees to the earliest and simplest form of superstition.

We touch wood to call the attention of the tree spirit to the fact that we recognize his influence in the good luck of which we boast, and in order that he may not feel slighted and change our good fortune into bad; at least, that is why our ancestors touched wood.

His Favorite Piece.

The great musician had been entertaining his guests, and as he rose from the piano a bushing youth approached him.

"What a wonderful piece of music!" he exclaimed. "Will you tell me the name of it, please?"

"It was an improvisation," replied the musician.

"Ah, of course!" said the youth. "An old favorite of mine, but for the moment I had forgotten its name."

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

Pastor (addressing church fair)—My dear friends—I will not call you "Ladies and Gentlemen," since I know you too well.

Minard's Liniment Relieves Pain.

Those who refuse the long drudgery of thought, and think with the heart rather than the head, are ever the most fiercely dogmatic in tone.—Bayne.

In buying houses and taking a wife, shut your eyes and commend yourself to God.—Italian Proverb.

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Eat Again Like a Hungry Boy



You can remember when you were a boy how eagerly you waited for meal time to come and how you enjoyed the good things your mother set before you. You were young and strong then and your digestive organs were functioning properly. But since then you have overworked your digestive organs and now you may be on the highroad to becoming a confirmed dyspeptic. You can quickly eliminate your trouble, tone up the digestive and eliminative organs, and bring back the lost appetite of boyhood.

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DOCTOR ADVISED AN OPERATION

Read Alberta Woman's Experience with Lydia E. Pinkham's Vegetable Compound

Provost, Alberta.—"Perhaps you will remember sending me one of your books a year ago. I was in a bad condition and would suffer awful pains at times and could not do anything. The doctor said I could not have children unless I went under an operation. I read testimonials of Lydia E. Pinkham's Vegetable Compound in the papers and a friend recommended me to take it. After taking three bottles I became much better and now I have a bonny baby girl four months old. I do my housework and help a little with the chores. I recommend the Vegetable Compound to my friends and I am willing for you to use this testimonial letter."—Mrs. A. A. ADAMS, Box 54, Provost, Alberta.

Pains in Left Side

Lachine, Quebec.—"I took Lydia E. Pinkham's Vegetable Compound because I suffered with pains in my left side and back and with weakness and other troubles women so often have. I was this way about six months. I saw the Vegetable Compound advertised in the 'Montreal Standard,' and I have taken four bottles of it. I was a very sick woman and I feel so much better I would not be without it. I also use Lydia E. Pinkham's Sanative Wash. I recommend the medicines to my friends and I am willing for you to use my letter as a testimonial."—Mrs. M. W. ROSE, 580 Notre Dame St., Lachine, Quebec.



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