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HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION

FRESH AIR IN WINTER
 Fresh air is a necessity the year round. In the warm weather we live outside by preference and, because we are more comfortable that way, we keep the bedroom windows open. As a result, we secure an abundance of fresh air. During the cold weather, most of our time is spent indoors and we may forget that in order to maintain our health, it is necessary that we have plenty of fresh air.
 One reason for the increase in the number of cases of communicable diseases, particularly of pneumonia, during the winter months, is because the body is starved of fresh air. Fresh air is air that is cool, in motion and not too dry or too moist.
 The best air is the air outside. Night air is just as good as day air. In the daytime, the advantage in being outdoors is because of the sunshine that is there. Indoors, we obtain the best air by opening the windows. This allows the cooler air in and causes it to circulate.
 In really cold weather, during the daytime, there is usually sufficient opening of doors, and movement in the house, to keep the air cool and in motion. This is not so at night. Then the house is still and the air becomes overheated and stagnant. Bedroom windows should always be opened sufficiently to keep the air of the room cool and in circulation. How far the window needs to be opened to accomplish this depends upon how cold it is, and upon the direction of the wind. Fresh air costs nothing; there is no reason why all should not have their share of it.

the sad results of carelessness of pedestrians and motorists, but we seldom, if ever, read of the sad results of the carelessness of "open-faced" sneezers. Nevertheless, the "open-faced" sneezer is more dangerous than the careless motorist. A person is guilty of criminal negligence who is careless and lacks consideration for others; who, without any thought, sneezes, showering particles of material from his nose and throat all around him.
 A man who strikes another is guilty of assault. Public opinion, as expressed in the law, does not allow of such assaults, and requires that the person who commits one be punished. A far more dangerous assault is committed by the careless sneezer. Public opinion should recognize this and stop it.
 Disease germs pass out in the secretions of the nose and mouth. A sneeze casts a germ-laden spray for ten feet. If the sneezer cover his nose and mouth with a handkerchief, the danger is practically ended. If the desire to sneeze is too sudden to allow of using the handkerchief, the head can at least be lowered and the spray directed to the floor, not into other people's faces.
 In addition to those actually ill, many persons carry disease germs in their nose and throat. People with colds continue to go about their business. For these reasons, the sneeze may be the means of spreading disease, and, for these reasons also, an end should be put to the "open-faced" sneezer.
 Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered. Questions as to diagnosis and treatment will not be answered.

THE OPEN-FACED SNEEZER
 We read almost daily in the press

General News and Views

Canada may have a national director of electricity if a proposal made in the Dominion parliament be adopted.

The railroad journey between Vienna and Venice takes 18 hours, but can be made by airplane over the mountains in three hours.

Ontario's manufactured products now reach a total of more than a billion and a half dollars annually, industrial development having been greatly assisted by the use of water-power.

In 1902 the record non-stop flight was 825 feet, now it is 3,905 miles. A German aviator named Fiesler recently flew upside down for 10 minutes and 58 seconds, establishing a new world's record.

Comparatively few farmers in Japan own as much as 10 acres of land.

Miss Edith Royon was released on a theft charge in a Chicago court when a young man offered to marry her and she agreed.

Mrs. Alexander Ummer of Detroit secured a divorce recently and the cast off husband then married her daughter, who was his step-daughter.

Frightened by rats when she went to the cellar to kill herself, Miss Eleanor Cogley of Buffalo screamed and fled, also gave up her suicide plans.

When a Chicago doctor answered a call to see a sick boy he found the "boy" to be 76 years old. The father 95, had telephoned.

A gosling with 4 feet has hatched out in the incubator of G.W. Borley of Kirkton, Eng.

Heinrich Vittoren of Munich was sentenced to 8 years in prison for selling his daughter for \$10.

Mrs. Barger Wallach of New York has a watch so thin that it is encased in a \$20 gold piece.

Fearing that he would forget his wife's birthday, Otto Kuehne of Montreal mailed himself a letter timed to reach him on the anniversary. It was delivered four years later and reminded him of another of her birthdays.

ABOUT WOMEN

Mrs. Catherine Fenton of Jamestown, N.Y., who came from her native Scotland in a sailing ship in 1844, celebrated her 104th birthday by having her hair bobbed.

Among Canadian banks the Royal Bank of Canada ranks highest in capital, assets and profits, the latter item amounting to \$5,370,145 during its last fiscal year.

Appreciates The Liberal

The following letter has been received at our office this week from an old Richmond Hill boy and is only one of the many we get weekly from readers near and far who appreciate the value of the Liberal as a Home Weekly:—

The Editor The Liberal,
 Richmond Hill, Ontario
 Dear Sir:—

Enclosed I forward you my cheque for \$1.50 to cover the enclosed account.

I have a great deal of amusement out of the paper and particularly out of the columns from the old Liberal files.

I attended school at Richmond Hill in the years '96 '97, '98 and '99 or about that time and of course I know a great many of the people there. I formerly knew Mr. McMahon very well indeed.

Yours very truly
 J. W. McDONALD, K.C.
 Barrister, Solicitor etc.
 MacLeod, Alberta

HOW TO BE DISLIKED

The following ten ways are most effective for making yourself unpopular. Try them, if you want to lose your friends. Dissatisfaction guaranteed. Don't try them if you want to keep friends:

1. Don't let any remarks pass unchallenged. Always start an argument. Say "I don't agree with you at all."
2. Offer critical comments about a man's friends or some member of his family—his wife or child will do. "I don't like your friend" is an effective start.
3. Minimize other people's efforts "Anybody could do that."
4. Announce yourself as an authority on every topic that comes up. The nearer right you are, the surer you are to be disliked. "I know better," can get you in wrong, if used constantly.
5. Analyze your friend's mistakes when they are trying to forget them. I'll tell you where you failed" is good stuff.
6. Remind people of promises which you know they made impulsively and cannot keep "I thought you were going to—"
7. "As I was saying—" Always insist on dragging in your favorite topic, especially if you know people are interested in something else.
8. "Let me show you how." Insist on showing people a better way.
9. "I used to think so a while back" is a satisfactory wet-blanket, or other people's enthusiasms. It makes them feel antiquated and you, quite superior.
10. Pick on people's religion or patriotic sentiment with the assertion "That is nothing but prejudice." All these recipes for unpopularity work—try all or one.



Mrs. William D. Ross, wife of the lieutenant-governor of Ontario, the first lady of the province, at the official opening of the legislative assembly. Her arrival under the escort of the premier, the Right Hon. G. Howard Ferguson, caused a stir in the House. The photograph is a recent one taken in her presentation costume at Ottawa

BEDFORD THEATRE

A new screen "find" has her first role in Buster Keaton's United Artists comedy, "College" which comes to the Bedford theatre next week. She is Flora Bramley, well known young English comedienne.

Miss Bramley recently arrived in Hollywood to visit relatives and was persuaded by Harry Brand, general manager of the Keaton studios, to accept a part in Buster's second United Artists picture dealing with the funny side of higher education. The little comedienne has been featured on the musical stage in London.

The Keaton company filmed many scenes on college campuses and athletic fields in and near Los Angeles. Buster took the entire cast and technical staff to Balboa, California, for the boat racing scenes, which were "shot" in the presence of thousands of spectators.

Among the players in the comedy are Ann Cornawil, who has the feminine lead; Grant Withers, Harold Goodwin, Snitz Edwards, Florence Turner, veteran Vitagraph star; James Mack, Buddy Mason and others. James W. Horne directed the comedy and Carl Harbaugh and Bryan Foy headed Keaton's "gag" staff. The college feature was produced by Joseph M. Schenck.

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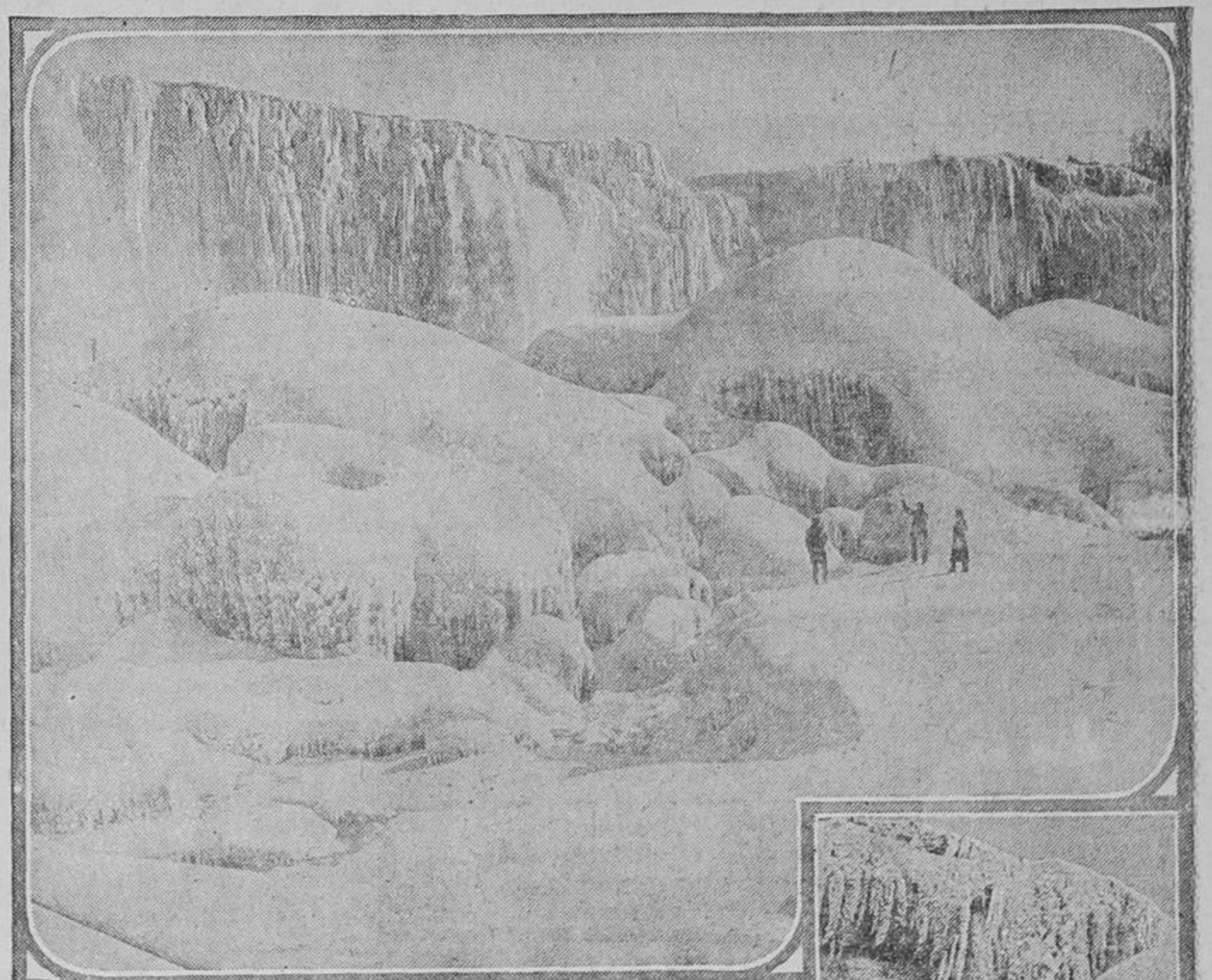
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WINTER WONDERS OF NIAGARA



The wonders of Niagara Falls which have for years attracted sightseers from all parts of the world, are even more striking when the frosts of winter have played their part in beautifying this magnificent spectacle. The Falls are coated with ice in peculiar formations and are, perhaps, even more attractive than during the summer months when the water runs freely over their brink.
 So great has been the interest in the winter appearance of Niagara

that a series of excursions have been arranged by the Canadian National Railways from American points such as Chicago, Detroit and intermediate cities. Special trains are being operated from Chicago, South Bend, Battle Creek, Lansing, Flint, Detroit and other points. It is anticipated that because of the facilities provided, thousands of tourists will make the journey to view the Falls in Winter.
 A. B. Chown, General Passenger Agent of the System at Chicago,

states that enquiries from prospective visitors are pouring in from all directions.