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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—these 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, 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.

Mosquitoes and Malaria.

It is estimated that the deaths annually from malaria number some two millions, and this figure may probably be multiplied by two or three hundred if we would arrive at the total number of people in the world affected by the complaint.

Malaria is mainly a disease of the tropics, and is caused by a minute parasite in the blood. The parasites in one malaria patient may number anything from one hundred to a thousand. In many cases there are more parasites in the system of a malaria patient than there are people on the earth, and for ages it was believed that marshes and malaria were in some way connected.

Sir Ronald Ross discovered that it was not the marsh, but the mosquito which bred in the marsh which was the originator of the disease, and he declares that the parasite of malaria is, to the mosquito which carries it, as a threepenny-bit would be to a hippopotamus.

When a disease-carrying mosquito bites, it injects a saliva in which are the malaria parasites. These are carried into the human circulatory system and so throughout the body. The cure of malaria is quinine, but the prevention of malaria is the destruction of the mosquito in which it breeds.

Sheep Tracks.

"Sheep tracks" running horizontally along the face of steep slopes, a Danish geologist says, are a natural formation. He calls the little paths "terracettes," and says they begin as a succession of horizontal cracks in the loose earth caused by the settling of the earth to a more stable position. Once the crack is started the action of the rain causes the marking to become rapidly more distinct, and it soon resembles a path made by animals. Sheep and other animals naturally use the paths, but they do not begin them.



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The Selfish Cuckoo.

The curious habits of the "cuckoo" will never cease to be a matter of wonderment. It appears that for a day after the young cuckoo has hatched out it lies quietly at the bottom of the nest, but on the second day of its life a change comes over it. It now becomes restless and irritable, and seems unable to bear the contact of the other young fledglings, or eggs, if any of these still remain unhatched. Indeed, it is the eggs which it first seeks to get rid of, its sides seeming to find the touch of the eggs unbearable. Therefore, in moving to the bottom of the nest, its back forms a hollow space wherein the egg sometimes rolls, and when this is the case the young cuckoo straightens itself, and moving backwards to the rim of the nest, it ejects the egg with a spring of its tiny legs, and then returns to the bottom of the nest.

Its exertions have tired it so much that for a long while it lies as if in a state of collapse, but gradually, as it again feels the pressure of the other tiny birds on its soft sides, it grows more and more irritable, and keeps restlessly jerking about. At last its movements cause a small bird to fall on its back, and again it strains every nerve to make for the rim of the nest.

Seven Modern Wonders.

The wonders of the world are usually divided into three periods—the seven wonders of the ancient world, the Middle Ages and the modern world.

Though there is some difference of opinion on the question, the seven wonders of the ancient world are usually given as the pyramids of Egypt, Pharos of Egypt, hanging gardens of Babylon, statue of Jupiter by Phylas, mausoleum of Artemis, Colossus of Rhodes and the Temple of Diana at Ephesus. The seven wonders of the Middle Ages are as follows: Coliseum of Rome, catacombs of Alexandria, great wall of China, Stonehenge in England, leaning tower of Pisa, porcelain tower of Nankin and the mosque of St. Sophia at Constantinople.

The seven wonders of the modern world may be considered to be the telephone, radio, aircraft, radium, antitoxin, spectrum, analysis and X-ray.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

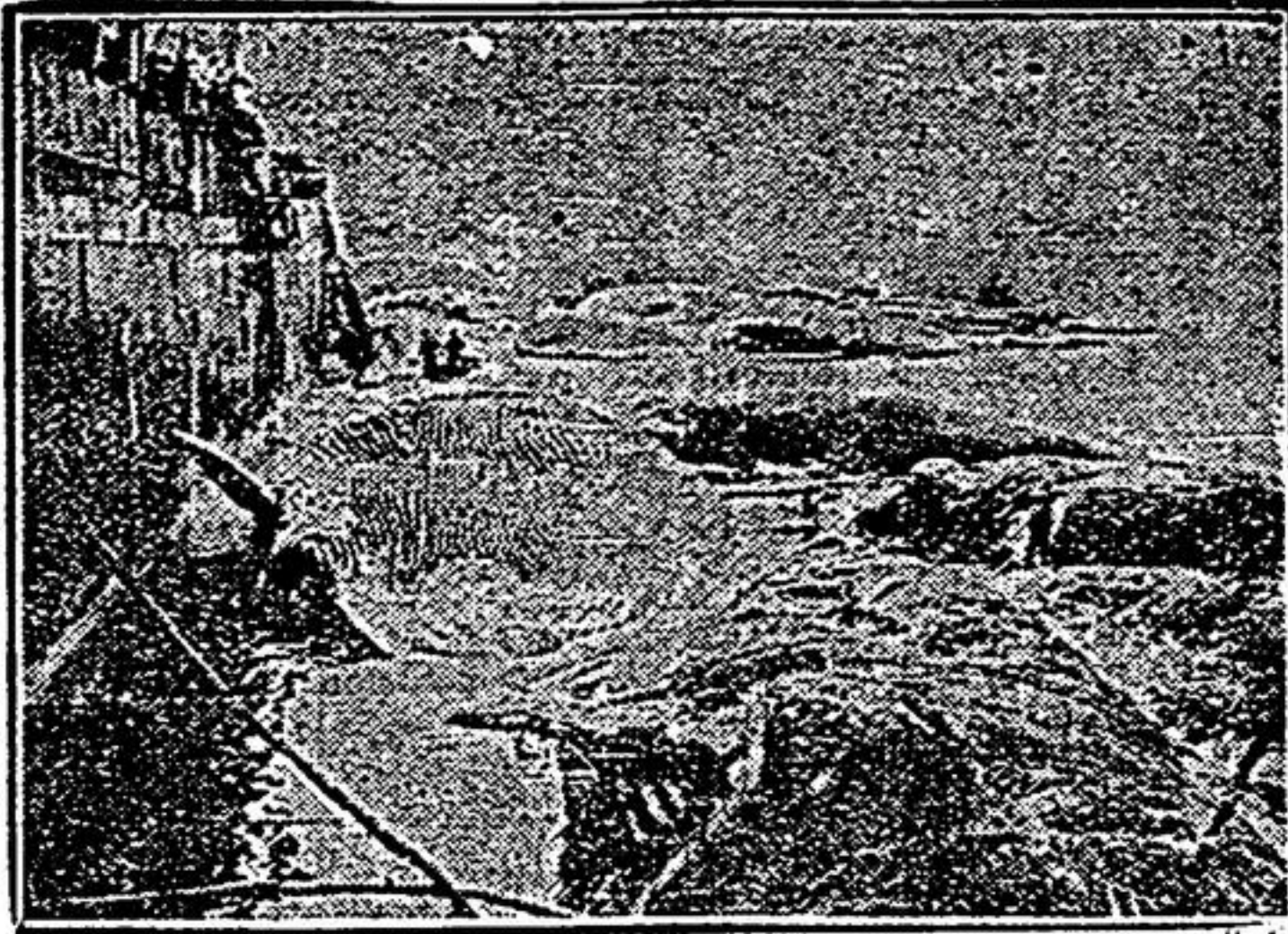
Nature's Sunshade.

During days of prolonged sunshine and tropical heat, it is not sufficiently realized that there is nothing especially healthy about a "tanned" skin. The practice of exposing one's face to direct sunlight in order to get sunburned is both absurd and dangerous.

Ultra-violet rays destroy the animal tissues of the skin, but Nature's antidote is the brown pigment underneath which develops and, acting as a filter, shuts out the harmful influence.

The most obvious precaution is a big sun hat, and if the hint furnished by Nature be acted upon, the color will be light brown.

Minard's Liniment Relieves Pain.



Eighteen blue whales alongside this ship were the result of an expedition into the frozen south. The photograph was made at Discovery Inlet and shows the ice barrier in the background.

One Cure For All Disease.

What is disease? Is it possible that diseases are really one, and that one antidote might be discovered to cure every ill?

That is the startling theory of Mr. J. E. R. McDonagh, F.R.C.S., discussed in "The World To-day" by Mr. J. Abraham, the famous British surgeon. Mr. Johnston Abraham believes that this theory may be the beginning of a new creative crisis in modern medicine.

"Disease," he writes, "if Mr. McDonagh's thesis be accepted, is simply a successful attempt on the part of the invading organism to rob the protective particles in the blood of their free electricity; and recovery from disease is a reversal of this process, due to the protective particles finally getting the upper hand of the invading organism by recapturing this electricity."

"It will thus be seen that the idea underlying this revolutionary doctrine is based on the electron theory—the theory which has already altered all modern ideas of physics, chemistry, and electricity."

In Mr. McDonagh's view, the body possesses a general protective substance which resists generally. The basis of cure would be in every case of organic illness the strengthening of this substance; and, given certain poisonous conditions, the antidote most suitable for increasing the condensed power of the protective particles could be worked out by chemists.

This antidote would be a cure-all. It would put reinforcements into the system to fight the germs of all disease.

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.

His Mother's Spirit?

A little boy, six years of age, recently ran away from his home at Aversa—about twelve miles from Naples—to escape from his stepmother, who ill-treated him.

Having searched for him in vain, his father informed the police. Soon Pasqualino was discovered at Naples with his grandmother. The latter told how a few days before, she had heard a knocking at her door, and on opening it, she had seen, to her astonishment, her small grandson standing there alone.

"Who brought you here?" she asked. "A woman," answered Pasqualino. "What woman?"

"I don't know," said the child, who then told his grandmother that he had run away because his stepmother beat him, but had got frightened, not knowing where to go. While he was wandering about the streets of Aversa, a woman came up to him and took him by the hand. Without speaking, she lifted him on to the electric tram that runs between Aversa and Naples, holding him closely to her all the way. At Naples she led him to his grandmother's house, knocked, gave him a kiss, and left him.

"Had you never seen her before?" asked the wondering grandmother. "Never, but she was like that," said the boy, pointing to a photograph of his own mother that stood on the table. His mother had died when he was only a few months old.

In Doubt.

He—You are the sunshine of my life. Your smile falls like lightning into my soul. With you by my side I would defy all the storms of life.

She—Is this a proposal of a weather report?

The optimist is a barometer stuck "set fair"; the pessimist is a barometer stuck "set stormy." No sensible man would pay sixpence for either.—Dean Inge.

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.



Of Course.

Mother—"Bobby, this note from your teacher says you're the last boy in a class of twenty-five."
Bobby—"Well, it could be worse."
Mother—"I don't see how."
Bobby—"It could be a bigger class."

Butterfly Culture in France.

Butterfly culture in the south of France is rapidly growing in popularity. There, under expert scientific guidance, hundreds of beautiful specimens are bred. The farms are provided with special leafy trees and plants on which the eggs are hatched. Directly the young appear the branches are taken to a well-ventilated room, where they are placed in pairs of water. As soon as the caterpillars have eaten up this first supply of leaves fresh branches are provided. Having been in an even temperature for about two weeks, the young caterpillars are taken out into the open, where they are placed on plants protected from birds by nets. When fully grown this protective net is removed and soon they retire into cocoons or roll themselves up into leaves. There are collected and stored in boxes, where in a very short time butterflies of wonderful hues are evolved. Cross-breeding has been tried and numerous experiments are conducted to obtain brilliant and original markings on the wings of these insects, which are afterward sold to collectors or for the adornment of women's hats and dresses.

Not a few fellows who tried to dodge work have wound up in the penitentiary at hard work without remuneration.

Frame your mind to mirth and merriment, which bar a thousand harms and lengthen life.

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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.

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WHEN IN TORONTO VISIT THE
Royal Ontario Museum
230 Bloor St. West, near Avenue Road. Largest permanent exhibition in Canada. Architecture, Geology, Mineralogy, Palaeontology. Open daily, 10 a.m. to 5 p.m.; Sunday, 2 to 5 p.m. Floor, Bay, and Church cars.

PECULIARITIES OF CANADIAN VEGETATION

New Map Shows Areas of Various Forms of Vegetation and Emphasizes Striking Features of Tree Growth

Lack of knowledge of climatic and vegetation conditions has caused many prominent travellers and visitors to Canada to unjustly criticize this country. The same and in many cases greater ignorance of Canadians has permitted much of this unjust criticism to pass unanswered and unrefuted, with the result that Canada has often been unfairly condemned.

The Natural Resources Intelligence Service of the Department of the Interior, partly as a result of the great number of enquiries received, has prepared and published an exceedingly interesting Vegetation and Forest Cover Map of Canada. This shows at a glance the different zones of vegetation and their chief distinguishing characteristics, from what are known as the barren lands, that are in no sense barren but support a growth of hardy grass and vegetation peculiar to the cold climate, to what is termed the Carolinian zone, in south-eastern Ontario, where is found almost subtropical vegetation in the fruit belt.

The enormous area of Canada must of necessity provide a wide range of vegetation and forest conditions. In the northern country, extending from the shore of Hudson Bay to the Mackenzie delta, the white spruce struggles for existence, while on the south-eastern portion of Vancouver Island are found a number of Californian types of trees, the most remarkable being the madroa or arbutus, the only broad-leaved evergreen tree in Canada.

The new map is an intensely interesting one, and one that will conduce to much study and investigation. An immense amount of hitherto unpublished information is shown thereon, much research work was entailed, and the notes of explorers and surveyors, from those of Sir Alexander Mackenzie, Sir John Franklin, Samuel Hearn and others to the more modern surveys and explorations of the different Federal and Provincial government departments, were carefully examined for authentic records. To the student of Canadian conditions the new map will be of much assistance in enabling him to segregate the several vegetation zones, approximate the possibilities of forest exploitation and establish the areas of known farming districts.

From north to south, from east to west, all the wonderful changes in our natural vegetation are vividly portrayed on the new Vegetation and Forest Cover Map. It fills a want long experienced, and will no doubt be in considerable demand. Copies may be obtained from the Director of the Natural Resources Intelligence Service of the Department of the Interior, at Ottawa.

Six Years of Pain.

There is a prevalent opinion on the outside of China that the custom of foot-binding among the girl children of that country has been generally abandoned, but such is not the case. The movement appears to have taken root only in the more populous districts, but, at other parts the custom is still followed to a very great extent. The foot of the infant girl is turned under so that the toe is bent back toward the heel and it is tightly bound in this position. It means six years of constant pain before the foot has taken the desired shape and then it measures from three to five inches in length. At one time a law was passed forbidding foot-binding, but there was no penalty and no means of enforcing it, so that no attention was paid to it by the natives.

Twenty miles of sewing cotton may be used in the making of a fur coat.

CLEAN SEED GRAIN

Fanning Mills—Supply screens, wire cloth, zinc repairs—Chatham Fanning Mills and other makes. Incubator supplies: Thermometers.

MANSON CAMPBELL, Chatham, Ont.

Rub It In!

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



Old People

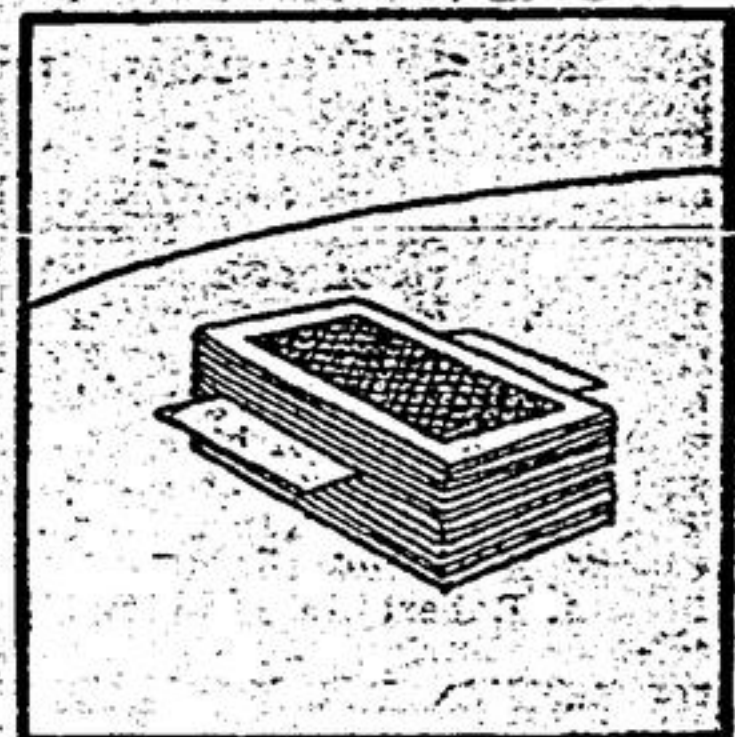
Bitro-Phosphato feeds the nerves and old people need it to make them feel and look younger. It's the one best nerve builder for weak, nerve-exhausted men and women and that is why druggists guarantee it. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

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FARM LOANS MADE
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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. (Omit this out and paste it, with other of the series, in a scrapbook.)

Minard's Liniment for Rheumatism.

Three golden rules of life of a centenarian who died, aged 107, were: Never to enter a ball-room; never to talk scandal; and never to enter a bar.

Dancers to the number of 10,000 can be accommodated on the new dance floor at Wembley; this is the largest in England, if not in the world.



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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: Cuticura Dept., Cuticura, N. Y. Cuticura Soap, Cuticura Ointment and Cuticura Tablets 25¢. Try our new Shaving Stick.