"Bad !lousing" Dealt With by Medical Health Officer.

Its Relation to Good Citizenship and Moral Tone.

Employers of unskilled labor constantby, and with reason, complain of it ineffidency, its intemperance and unreliability. The man on the street, if he thinks at all of its cause, is sure to attribute It to intemperatnce, without realizing that intemperance is very often a symptom rather than a cause. Men get drunk because they are undervitalized and ill-nourished more than for any other reason. Their drunkenness increases their inefficiency. Inefficiency deprives them of food and home surroundings necessary to preserve their physical and mental stamina. The drunkenness is intensified and so life flows on In a vicious circle.

We cease to attribute disease to a mysterious dispensation af the Almighty, and lay the blame, or a large share of it on filth of one sort or another. We are very careful that our water and mukspuply shall not be contaminated, that our food shall be pure and that flies shall be kept away from it, and we talk bopefully of some day wiping out tuber-sulosis, typhoid, smallpox and other us-Social workers and sanitarians have for many years recognized the connection between shiftlessness and poverty, vice and crime, on the one hand, and disease on the other. Only within the last few years has it been realized that a man born of an underfed, overworked mother, living all his life in unsanitary and immoral surroundings, put into the factory at 14 or 15 and constantly undernourished has very little opportunity for developing high ideas someerning the duties and responsibilities of a good citizen.

* All of these debasing factors deserve careful study and chief among them the conditions which surround him in his home, for there he passes nearly, if not quite half, of his lifetime, and there, as s rule, he is subjected to conditions of insanitation far worse than those of the street or in the factory. It is there that we must look for most of the incidence of disease. Squire and Hulbert, after a careful study of conditions in London, reported to the International Congress of Tuberculosis, that "among the poor the source of tuberculosis must generally he sought in the home rather than in the workroom or on the street."

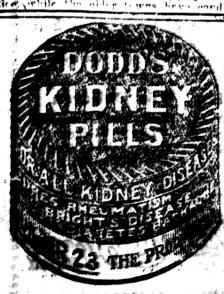
The experience of British cities while recruiting for the Boer war is significaut as showing how congestion tends to physical degeneration. Manchester, for example, was obliged to reject 8,000 out of II,000 applicants. Glasgow, a city where 37 per cent, of the population live in houses containing three rooms or less took the physical measuremnets of 72,-\$57 school children and classified their height and weight in relation to the number of rooms in the houses in which they lived. The average height of boys whose families lived in one room was 66.6 inches of those who lived in two rooms 48.1; three 50 inches; and four or more 51.3. The average weight increased In the same way from 52.6 pounds to 64. s nounds.

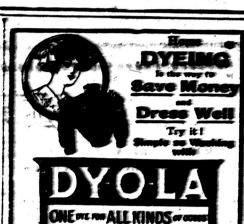
The influence of unsanitary housing is two-fold; first, by reason of the fact that the dwellings, having insufficient light and air, permit the indefinite preservation of pathogenic bacteria; and second, the unsanitary conditions induce an anaemic condition of the body and render the individual, subjected to its influences, incapable of vigorous labor prone to the use of artificial stimulants and markedly susceptible to disease.

In quite as serious a way, bad housing reacts on the moral constitution of the tenement dweller. Almost invariably moral fibre and a loss of ideals. Crowded never be of any use to them, and negtogether three or four in a room, mod- lect the elements of housekeeping which saty is next to impossible and cleanliness a waste of effort. The situation is still further complicated by the fre- "Club life teaches a woman the value The country people are contented. Most quent, if not general, practice of at of gentleness, generosity and justice. It of them own their small farms. In fact, tempting to reduce the high cost of rent in comparatively easy to be just to one by the introduction of the lodger into I you love, but the difficult attainment the family, with results almost invarisbly pernicious.

Under such conditions it is futile to expect that there will be very much of are other opinions. and to listen to Herald. home life. The father escapes to the theme"-Mrs: William T. Helmuth, saloon, the boys to the street and the champion club woman of the world, begirl to the cheap theatre and dance hall. Tonging to 100 clubs. The wonder is, not that the result! in drunkenness and in crime is as bad! se it is, but that it is not worse,

American cities are just beginning to cealise what these conditions mean and will mean. Each city must: solve the problem in its own way. Legitimateproperty interests must be sufrangeded. but "the right of property must not be carried to the extent of legalising an attempt on the life of one's neigh-High tenement buildings do not necessarily make the slums. It is more often made up of the small dwelling house occupied by several families, the sottage in reduced circumstances or the shack thrown together out of waste materials. The sleeping from which has no direct connection with the fight and sie the unsewered privy vault, the celfar apartment are so common in our conniger cities as almost to escape ro-





JUST THINK OF IT!

tions of overcrowding which make the problem a serious one. It is an old and often repeated slander that the poor do not appreciate sanitary surroundings. The fact, which will be testified to by every one who has had personal experience with them, is quite the reverse. But whether they do or they do not, the state and the city,

from motives of self-preservation, if for no other reason, ought not to permit its citizens to live under such conditions, for in the budget of hospitals, aevlums, reformatories and prisons, in the contagion, which, starting in the slums, does not stop there, the city or state sooner or later pays the bill.

EMBROIDERY JABOT.

For something new and dressy wear with a linen shirtwaist, the breidered jabot at once suggests itself, since it is less perishable than daimty but short-lived laces:

One jabot of fine Swiss embroidery in the vandyke pattern was laid in cascades from the neck to the waist line, gradually decreasing to a point. The material was gathered tightly, of course, and arranged in zigzag style down the narrow strip of lawn which served as its foundation

AN IMPORTANT BUSINESS CHANGE

It will be of interest to the product trade throughout Canada to learn that Mr. Howard B. Clemes, & director and Secretary-Treasurer of Flavelles Limited, Lindsay, also a director of Flavelle-Sil verwood, Limited, Lendon, is severing his connection with these companies to assume the management of the produce department and Toronta branch of Gunne Limited.

Mr. Clemes will devote his energies principally to the development of Gunns Limited extensive eggs, poultry and cheese dusiness, for which he is peculiarly qualified by his experience of over. twenty years in the Canada produce

Gunna Limited are to be congratulated on securing Mr. Clemes' services, and his appointment is a further step in the aggressive up-to-date business policy which characterizes this company's oper-

THE BRAVEST BATTLE The bravest battle that ever was fought. On the map of the world you'll find it

'Twas fought by the mothers of men. But deep in a walled-up woman's heart-

Of woman that would not yield— Eut bravely, silently, bore her part— So, there is the battlefleid. So, there is the battlefleld.
No marshalling troop, no bivouac song.
No banner to gleam and wave!
But, Oh, these battles! they last so long—

From babyhood to the grave! -Joaquin Miller.

Minard's Liniment Cures Garget in

WHAT WOMEN ARE SAYING.

"What's the use in making stricter mirriage laws? A child's parents might be perfect paragons and some mean trait inherited from some old ancestor many generations back is just as likely to show up m the child, -- Mrs. Frederick Schotf, mother of seven, and president of Sational Congress of Mothers.

The trouble with American servants is simply the lack of training of American girls. They study their poor brains these conditious cause a weakness of the out of their bodies over things that will they must know if they are to be suc- and does not see why his compatriots cessin!.

for a woman is to be just to one she on which to grow his vegetables and aldislikes, and this club life teaches her. The slub teaches restraint, that there

Shiloh's Cure quickly stops coughs, cures colds, heals the throat and lungs. . . . 25 cents.

NATIONAL ALARM CLOCK. An American and at Highestuler were alking one day on the top of the Seotch mountains, when the Sertehwan, ! wishing to impress his bons, but "emsin." produced a famous coho to be he und he hitt place, When the echo retained early after nearly four minutes, the proud Scotchman, turning to the Yan kee, exciaimed: "There, mon, ye can at show anything like that in your coun-

To waich the other replied: "I guewe can better in a some, stranger, Why in my shooting ladge in the fickle when I go to bell right been out o my window and call out. Time to g waxe no!! and eight hours afte and the echo comes back and wak Truth

EVERYTHING IN RELATIVE.

(Chicago News.) First microbe-I come of a very pow

riul isce. Second microbe-You haven't got any thing on me. I had a grandfather who was almost big enough to be seen by the naked eye.

THE SELFISH VIEW.

(Washington Star.) "Do you want cheaper postage?" "I don't know," replied the man who considers only his own interests. don't write many letters myself, and l don't see way I should be easer to mak. it ensier for the mer who send me bills."

施 如名名海南西南北京中山高等福港山南西南北

THE KIND THAT GETS ON.

Booker T. Washington, congratulate by a New York reporter on the ou he has made of his life, said with a

"I suppose I must be modest and declare that luck has had much to do with my progress, or otherwise I'll be in Sen-"Senator Dash, of Tallapoose, prided

nimself on his rise from the bottom, for Senator Dash in his youth had worked with the colored men in the cotton fields.

"Boasting at a political meeting about his rise, the Senator singled out Uncle Calhoun Webster among his audience "I see before me old Calhoun Webster

eside whom, in the broiling Southern sun, I toiled day after day. Now, ladies and gentlemen, I appeal to Uncle Calhoun. Tell us all, uncle, was I, or was I not, a good man in the cotton fields?" "'Yo wuz a good man, Senatah,' the aged negro heplied; 'yo' wuz a good man fo' a fack; but yo' sut'ny didn't work

much."



GIVEN AWAY Dutch Collar or Belt Pin

With Your Initial Three Pine are unde of a solid piers of Gerr

These Plus are hand by the Control being product the p

HEFT. BY TORONTO, ONT.

BEACONSFIELD

Disputes are sure to arise, while the long expected "Life" is coming out, as to the pronunciation of "Lord Beaconfield." The late Lord Granville, however, settled that question once for ail. He was at school--- a very bad school, but very fashionable, and called at the time as others have been since, the little House of Lords"-from 9 to 13 at Beaconsfield, in Bucks, "We, as well as every one else, pronounced its name Beckonsfield.' This was many years later a subject of difference between Lord Bradford, a former school fellow and myself on one side, and Lord Beaconsfield on the other, who pronounced his title phonetically, as the field of the Beacon. He told us one day that he was not going to be dictated to by two aristocratie schoolboys."-From the London

throat and lungs. - - 25 cents.

THE TROUBLE (Rarper's Weekly.)

"So she doesn't return your affection, eh? Well, I shouldn't get mad about that. What's the use of bothering about a girl?" said Watkins.

"I don't mind her not returnig my affection," said Dobbleigh; "but confound it, she won't return my diamond ring, either!"

Your Druggist Will Tell You Murine Eye Remedy Relieves Sore Eyes, Strengthens Weak Eyes. Doesn't Smart, Soothes Eye Pain, and Seils for 50c. Try Murine in Your Eyes and in Baby's Eyes for Scaly Eyelids and Granulation

FARMER FOLK OF PORTUGAL. The peasant and small farmer has had

practically no active part in the present revolution, which was carried through by one wing of the army and the republicans of Lisbon. He is not interested in politics, and would not care to be bothered with political discussion. He is al-Ways ready to "let well enough alone." in the city do not feel the same way. in northern Portugal it is rare that a laborer does not own a plot of ground so a few of the bright colored flowers which so delight his eye. The Christian

Minard's Liniment Cures Colds, Etc. LITERARY ACCURACY. (Washington Star.)

"You write of your hero as stealing nome in the darkness," said the editor.

"Yes." replied the author. "Well, you ought to know better than hat. He couldn't steal home in the lark. If it was dark enough to be worth noticing the game would have been and



The best promiums and the best values ever offered. Gold and Silver Watches, Gem Set Rings and Brooches, laughter-producing Moving Picture Machines, Finely Decorated Tea Sels an I many other premiums given FREE for selling our high class Gold Embossed Picture Post Cards. The very latest designs in Views, Birthday, Floral, Holiday, Comics, &c., at 6 for 10c: Sell \$2.00 worth and win one of these fine premiums. You can sell them in an hour or two, but don't delay, for we give an extra premium for promptness. Write to-day and we will send you a package and our big premium list. Once with the crowds and get the best premium offered. Write your name and adversely plainly. COBALT GOLD PEN CO.

No he ied for what mother or father than to see their little one suffer. But there is no reason for wretched homes because baby is til. Own Tablets will cure all the minor ills of babyhood and childhood; not only that, but an occasional dose of the Tablets will keep baby well. Thousands of mothers have found happiness through the Tablets making their little once well and happy. Among them is Mrs. C. C. Rowe, of Georgetown, Ont., who writes: can heartily recommend Baby's Own Tablets as a help to the baby dur-

Business Pointers for Housekeepers.

ing the hot summer season. We have

used them and are much pleased with

by medicine dealers or by mail at 25

cents a box from The Dr. Williams' Med-

their results."

icine Co., Brockville, Ont.

The Tablets are sold

The packing house horrors and the adulterations in foods will be abolished when women co-operate with the Government actively in this regard.

Women are daily cheated by false weights and measures. Don't take honesty for granted. Test it with standard weights and a yard stick.

Lessure is a good thing, but il a woman be saved time from food preparation only to waste it in bridge whist, she has lost by the arrangement and all society loses.

A morning over the washboard isn't especially easy or pleasant, but it is better than spending it in gossip that leaves the bad taste in the mouth.

The average even poor family throws away daily what would feed another of the same size. It is as senseless to throw the contents of the pantry into the garbage can as to deliberately cast real money into the street.-U. S. Ex-

I was cured of painful Goitre by MIN-ARD'S LINEMENT. BAYARD McMULLIN. Chatham, Ont.

I was cured of Inflammation by MIN-ARD'S LINIMENT. MRS. W. A. JOHNSON.

Walsh, Ont. I was cured of Facial Neuralgia by

MINARD'S LINIMENT. J. H. BAILEY. Parkdale, Ont.

FROM THE BRINY. A sea captain and his mate went ashore on getting into port and made for

the nearest restaurant. They ordered soup; when it arrived the eaptain examined the curious-looking fluid and shouted: "Here, waiter, what d'ye call this?"

"Soup, sir," said the waiter. said the eaptain, turning to the mate; "blame me, Bill, if you and me ain't been sailin' on soup all our lives and never knowed it."-Every Woman's Magazine.

Minard's Liniment Cures Diphtheria.

Wanted-AWife Willing to Be a Mother.

(By Frances Gilbreath Ingersoll.) A young professor, delivering an address at a teachers' institute, took occasion to remark that there were two things in life he desired more than all else: "Oua was a wife, the other a wife who was willing to be a mother."

The young ladies were properly shocked, the young men indignant, the old maids and bachelors scandalized. To vary an old saying-purity is in

the ear of fear. The young professor wanted the most beautiful, the most precious thing on

earth. A wife who knew God made them twain that they might become one in

love and desire; A woman whose greatest joy was to feel a baby cuddling up close to her cheek; who was willing to forego the disfiguring, dewomanizing exactions of fashion that she might hold "her manchild drinking at her breast"; whose mother-heart was so great that her

mother-arms were never too full; A home where patter baby feet made its sweetest music; sons to call him "father," and daughters to base their standard of manhood upon what he sholud strive to be.

A "little" thing, a "despicable" thing, a "thing of ridicule"-but something 10 great that it is the nearest to heaven we will ever know here-a home with wife and babies to call his own.

World's Most Beautiful Women.

The woman of Tchhuntep.c is the wonder of the land. From Rangoon right around to Tiflis I have never seen her like. The Circassian women have more lustrous eyes, it is true, and the Cingalese are a white more willowy of figure, but Miss Tehuana of Thauntepec. take her by and large, combines more physical attractions than any other woman that I know. When I have said that these Tehnana women combine the figure of an Annette Kellerman with the face and features of a Ruth St. Denis, and the dignity of carriage of a Mary Garden, I have need to say but little further in their praise. Mesdames Garden, Kellerman and St. Denis are. e fact, the ones who may feel compli mented by the comparison.

They are olive-skinned, are the Te huana women, with a soft rose showing through; their eyes are big and dark and sparkling-just such eyes as the Delires should have who swings in a hammoeks under the palms; their features are perfect and so are their teeth. which are kept as clean and white as though they were intended for a tooth powder advertisement. Of statue-que build, but of little more than medium stature, with great masses of blue-black bair, exquisite limbs and small feet. they seem made for artists' models. If thise women were to mete with Crétan men we should have a race of demigods again. - Everyhedy's Magazine.

THE LIFE OF A WATCH

It Depends Largely on the Watel and the Man Carrying It. The life of a watch, jewelers say, de-

proces largely on the person carrying it and the care taken of it. As to the care of a watch some jew-elers say that it should be oiled once a year, some once in two years; perhaps once in eighteen months would be about the right thing.

All jewelers say that a watch should

always be wound at the same time daily; this is essential to make it give the best and most uniform results. If a watch is permitted to run down it may on rewinding keep different time and require regulating. With the watch wound regularly and kept running there is set up and established in the mainspring a certain tension. If this strain is wholly released by letting the watch run down the apping may on rewinding take on a somewhat different tension. This difference may be extremely slight, but it may be enough to affect the running of the watch.

While some watches are long lived, many are short lived, the long lived watches being of course those of fine quality that are also well cared for. But there is a limit to the life of any watch that is kept constantly in use. The best of watches, like the best of anything, will wear out in time.

A watchmaker had lately brought in to him for repair a watch 125 years old that had been running practicall continuously. It might be difficult to say just what duration its intervals of rest had been, but it was supposed to have been run practically continuously and though it had stopped at least once, it was still in fairly good condition and good for some future use.

But this was an extraordinary case. Most watches, however, excellent they may have been originally, would with constant use wear out in far less time. Sometimes there are brought in to iewelers fine old and once valuable watches whose owners, desiring new to buy a new watch, wish to offer the old watch at some price in exchange, but is of no value except for the weight of the metal contained in its cases. Every jeweler has an accumulative collection of such old works which are of no value whatever. Except that at long intervals there may be found among them a wheel or a part that may serve in some other old time watch brought in for renair.

So watches do wear out; and as to the life of a watch, a jeweler said, a mod average watch, with fair care. ought to wear from thirty to forty years, and a fine watch fifty years; it might last seventy-five, but fifty years would be probably nearer the figure. It may be thought that a superior watch would last longer than that, but really the wonder is that this delicate piece of mechanicism running year after year ceaselessly should run so long. And as a matter of fact comparatively few

watches are put to the final test of their endurance. Fashions change in watches as they do in everything else. and men tire of their old watch and want another and they are more likely to buy a new watch before the old one

MATRIMONIAL AMENITIES

She (during a squabble)—Didn't you promise before we were married to try hard to be worthy of me? He Yes, and what's the result-I overdid the job and made myself a hang

eight better than you deserve.

ISSUE NO. 48 1910

AGENTS WANTED

START TEA BOUTE TO-DAY, SEND

Dr. Martel's Female Pills SEVENTEEN YEARS THE STANDARI Prescribed and recommended for wepared comedy of prayon worth. The result from their use is quick and pas-

manent. For sale at all drug ates or Four Blogs FREE Write for 12 pieces of our goods to sell at 10c each. Remit \$1.20 when sold, and we will send en u ine gold

plated rings
guaranteed to
give satisfaction. FRIEND
Dept. 779, BOSTON, MASS. FRIEND SOAP CO.



CAMERA and Photo Frame FREE

We give Camera, 2 pckgs.
plates, developing outfit instructions, a
handsome photo

Free for selling 12 pieces of our goods at 10c each. You can earn money making photo brooches with this. Write for goods. FRIEND SOAP CO., Dept. 178.

WHAT EDITOR HAD TO STAND. (Boston Transcript.)

Indignant Caller-Your paper, sir, refers to the man charged with entering my house as "the alleged diamond thief." Editor-Well, sir?

Indignant Cailer-Well, I want you to understand that I had no alleged diamonds on my premises; they were all

Minard's Liniment Cures Distemper.

CARNEGIE EATS PIE. At breakfast recently Andrew Carne-

gie indulged in a piece of pie, says Success. A diet reformer present remonstrated. "Why, Mr. Carnegie," he said, 'do you

"Of course," replied the noted philanthropist, benignly. "What do you do

Some girls never improve their minds beause they are too busy improving their complexions.



Influenza, pink eye, epizootic, distemper and all nose and throat diseases cured, and all others, no matter how "exposed," kept from having any of these diseases with SPOHN'S LIQUID DISTEMPER CURE. Three to six doses often cure a case. One 50-cent bottle guaranteed to do so. Best thing for brood mares. Acts on the blood. 50c and \$1 a bottle: \$5 and \$1 a dozen bottles. Druggists and harness shops. Distributors—ALL WHOLESALE DRUGGISTS.

SPORN MEDICAL CO., Chemista, Goshen, Indiana, U.S.A.



This is a fine, clear-toned Wiellin of japanned metal, nicely potiched, richly cotored, complete with bridge, there gut atriuge, ob-my finish peen long how of white horse hair, and hox of re-in. Everything or sour reams and address, and accrects cell only elebt boxes Emattering Framesium Togethable Fillips, at 25 a box. A grand ren cely and cure for weak and conditions of the blood, insugestion, stonesh for treatment of the blood, insugestion, stonesh for treatment of the blood, insugestion, stonesh for treatment of the blood.

Address: THE DR. MATURIN MEDICINE CO., Dept. 156 TORONTO, ONT.

"SILENT" MATCHES EDDY'S

ARE THE MOST MODERN AND PERFECT

A SURE LIGHT, THE FIRST STRIKE They make no noise or spatter-a quiet, steady flams. The match

for the smoker, the office and the home. All good dealers keep them and Eddy's Woodenware, Fibreware, Tubs, Pails and Washboards.

> The E. B. EDDY Co., Limited. HULL, CANADA

THE RESERVE OF THE PROPERTY OF THE PARTY.

A Gentr or Ledies Selid Gold Watch costa from A25 to \$50t Da set throw your means away. If you destine to secure a watch which to keep time and last well will be squal to any Selid Gold Watch, send us your name and address immediately and agree to sell 16 boxes only of Dr. Maturin's Famess Vegetable Pille, at 250. a box. They are the greatest remedy on earth for the cure of poorand impure clood, judgestion, headaches, constipation, mercura the whise, liver, bladder and lide ney diseases, and all female weaknesses; they are the Great blood Purner and Invigorator. a Grand the Great blood Purner and Invigorator. a Grand ney diseases, and all female weaknesses; they are the Great Blood Purner and Invigorator, a Grandi Tone, and Life Builder. With the Pills we send 10 articles of jewelry to give away with the pills—this makes them easy to sell. This is the chance of a lifetime. Dward miss it. Send us your reder and we will send you the 10 boxes, post peid. When you have sold them, send us the money \$2.50. A GENTS. or LANGE WATCH

ine care day the name is received.
We are giving these beautiful wateres to advertise our Remedies. This is a grand opportunity to seems a valuable water pattures having to spend a cent. And our where he have wend and stem of and not the cf. in hart wine article generally given a promact. Send for respills without delay, address the DR. MATURIN MEMORY.

HANDSOME WATCH FREE.

confidence common said less did Peter II. Pet without of the were con It was in ting with a fire (L mittance fluence with the damselkeeper : 18:17). The "also speaking Judas, or They ma Morison. John was The dang very grea was Chris

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