

cues and sauces. One

res in Music.

inv ful to attib

ng the penalty for inkert itself.

ough or cold, ir hands and wiped heir Sunday suits, up the floor

shut the door! ed not to throw ground, and oh! es pipes away d his towel to dry upon the peg

all came true. I'd find to do. made a mess of cleantiness work so blissfully rs' they'd not need

fancy whether things together. -Fay Inchfawn.

Doctors.

1-hop's Startford. c'arga! Into the

a day, and he dewhen he is heing

i'er of some raliaw E hears one

Place.

a his opinion on a work is not up to o tell me frankly in the fire and this is not likely ng out something

eral minutes the manuscript, with advisa you to put

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

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

for Canada. On this rocky island the rows of shower baths and numerous you do not relish your meals, if you quarantine station stands, the stadisinfecting tanks in which both steam are easily thred and frequently destion where immigrants suffering from and antiseptic vapors are used; there pondent, and small matters irritate infectious diseases, or contacts, are de- are separate entrances and exits for you, it is a sign that your blood is thin tained till they are no longer a menace immigrants passing through, and the the public health of the Dominion. every facility afforded for the conventions of a breakdown. Probably the most up-to-date quaranience of those held in quarantine. More weak, anaemic people have tine station on the American continent. There is a hospital of 15 beds for pais nearing completion on that little tients, and a large detention building ful by taking Dr. Williams' Pink Pilis that last set," and numerous people is and guarding the harbor entrance where contacts are kept till all danger than by any other means. These pills use "learn" as the equivalent of at St. John. A signal by wireless announces that a steamer, not yet visthe disease that developed on shipbody, strengthens the nerves, and
him to bat." bel on the horizon, is coming up the board has passed. There is also a first brings new health and vitality. Miss Bay of Fundy from a foreign port. class laboratory on the island with a Dorothy M. Ellis, Davidson, Sask., The wireless message includes the bacteriologist in charge. is now nearing completion will include admission or spread of infectious the receiving and disinfecting of im- disease.

LANGUAGE OF THE

HANDSHAKE

A doctor has advanced the rather

germs are transmitted by handshak-

eems no doubt that physicians can

often diagnose illness by a handstake.

In support of this an experience of

my own, says a writer in the London

Evening News, may be cited. I recent-

ly consulted a Harley Street doctor.

Eyehologically as well as physio

significance than most of us realize.

it is possible to judge a man's char

acter by his handshake. Dickens knew

this when he described Uriah Heep's

handshake a limp, clammy taking of

A world of difference between his

he Prince's hand is shot forward

Mr Lloyd George's hand-clasp is

vigorous and hearty. He has a gift

shake Mr. Churchill's is a more for-

senality. Earl Beatty's disappoints

heartlest of hearty sailor handshakes

jerkily, pressing yours downward at

the moment of gripping it.

though none too gently.

hard.

diagnosis in this way.

name of the ship, the flag she flies, The average citizen can hardly ap- through the use of Dr. Williams' Pink an old English form, but it is obsolete where she comes from and whither preciate the value of this quarantine Pills. I was weak and run down and and is never used by the best speak she is bound. This information is station and the efficient work carried seemed to have no ambition, but after ers. immediately transmitted to the Port on by the Port Health Officer and his taking the pills felt restored. I shall Health Officer on Partridge Island, staff. Day and night they are on the be find to recommend them to any Sometime later, a definite number of alert for approaching ships, every one sufferer." blasts from her whistle announces of which is boarded and a thorough If you are suffering from any conthat the steamer is approaching the medical inspection made of the pas-dition due to poor, watery blood or quarantine station and calling for a sengers and crew. If the bill of health weak nerves, begin taking Dr. Wildoctor, who has to go aboard and in- is clean as regards infectious disease, liams' Pink Pills now, and note how spect the entire ship's personnel of all is well; if not, Partridge Island is your health and strength will improve. passengers and crew. While I was the home of the unfortunate until they You can get these pills through any to speak of "cause and affect." attending the Public Health congress are no longer a menace to the health dealer in medicine, or they will be in St. John, N.B., I visited the quaran- of the people of Canada. Prevention sent by mail, post paid, at 50 cents a tine station on Partridge Island in of disease is the watchword of the box or six boxes for \$2.50 by The Dr. company with the Port Health Officer, quarantine officer, and his work is of Williams' Medicine Co., Brockville, "No, my dear," he said. "I am sur-Dr. Rutherford. The new building that inestimable value in preventing the Ont.

Tree With Strange Flowers.

plorers have been searching for a -the dried juice of species of Strychnatives of South America to give them | ize the end-plates of motor nerves. courage before going into battle. alarming theory that many disease

announced by the leader of the Mul- paralysis of all muscles. Death is due ford biological expedition, which has to paralysis of heart and respiratory However this may be, there just returned to England from South muscles. Curare, as it is called, has America The drug, which is known no other action; it does not affect conayawasco, was obtained in tiny quantities by the leader of the expedition, curare is that it is inert unless introand it is being studied to see whether duced into the body-fluids. It can be it has any value in medicine.

who pointed out that the mement he hown and in need of a rest. Certain grows over the trees and reaches a cess. Introduced into the blood-stream possencus conditions of the blood, he affirmed, readily lend themselves to must witness. If any woman watches acts almost instantly, paralyzing all legically, handshaking has a greater the preparation, or partakes of the muscles, so that its victim drops at

drug, she is put to death immediately, once, inert. And that victim may be The drug is given to the natives by eaten with impunity, because curare the tribal cupbearer on the eve of a is broken up during digestion. battle. It produces a convulsive tremthe hand, indicative of the calculating taker ghestly white. In a few mobling and leaves the face of the drug ments these symptoms disappear, and handshake and the respectfully hearty and disregard for death. Later the handle and conclude that the tree

drinker falls into a deep sleep. The expedition had travelled two prised to learn that they are making a at 25 cents a box from The Dr. Willits own Government, which is presid-How do the celebrites of our day thousand miles and had almost given great mistake. shake hands—King George, for exup hope, when the drug was discoverCultivating an umbrella handle is ed by chance in the possession of a a slow and tedious process, often reshaken more hands than any other tribe of Indians. The natives believe quiring three years of the most caremen of his generation, and other fathat the bark from which the drink is ful attention. The King just grips your hand firming it mass only with the greatest difficulty that a specimen was obtained. brewed has super-natural powers, and

Cork is Cooked!

for making you feel that he has been tree which grows in Southern Europe. be exercised lest the tree die from inwaiting years to give you that hand- The bark is of great thickness and gets terruption of the flow of sap. thicker every year, one layer forming mal grip and less eloquent of his per- over the other.

you or perhaps it were better said that off naturally, but for commercial purpliable. he lets you off more lightly than most poses the outer layers are stripped besailors, for he grasps your hand gently fore this and are stripped again every but firmly and lets it go instantly. The eight or ten years.

The bark to removed by making a was that of the late Sir Ernest Shack | deep cut in the tree, and then slicing off slabs with a curved two-handled Earl Haig shakes hands with cour- knife. These pieces are boiled or teous firmne, s. He grips your hand in steamed for an hour, in order to get rid eal soldierly fashion, with his thumb of certain substances in the bark, and lecked over your fingers. Another fa- also to decrease it in size. The pieces facus soldier. Sir William Robertson, so content with squeezing your fingers, flat by machinery. The cork is then

ready for the market. The corks that are used in bottles Hard times are good times to work are made by machinery, and the waste helps to make floorcloth.

TOO LITTLE BLOOD

The Cause of Nearly All Every- would cure. Day Ailments of Life.

Too little blood is what makes people look pale and sallow and feel languid. That is what makes them drag along, always tired, never real hungry, with schooldays. Partridge Island is the "Public migrants suffering from infectious after slight exertion, so that it is unable to digest their food, breathless Health watchdog" for St. John, N.B., diseasee; in this building every ap wearisome even to go up state. Docand incidentally one of the watchdogs pliance for the destruction of disease tors tell them they are anaemic—the

says:—"I have found great benefit it." The latter has the merit of being

Poisoned Arrows. Practically all Central and South American Indians (such as use poison-For many years scientists and ex- ed arrows at all) use the same potson drug which was said to be used by the nos. Its physiclical action is to paral-Thus, without affecting the central ner-Its long-delayed discovery has been vous system at all, it causes complete to the natives who use it as caapi or sciousness nor is it anesthetic. The important and interesting thing about swallowed even in large quantities Caapi is obtained from the root and without ill effects, because it is broken bark of the ayawasce vine, which up in the stemach by the digestive pro height of twenty or thirty feet. Its however, by hypodermatic injection, or preparation is attended by an ela- by a dart, knife or arrow impregnated borate ceremony, which no woman with it, curare is highly poisonous. It

Growing Umbrella Handles. Those who are intrigued by the at-

At the end of the first year the young tree is cut quite short. From then on, the bark of the sprouts is cut and the wood is carved and twisted pan. into all manner of fancy shapes and the tree, as it grows, swells and en-Cork is the bark of an evergreen larges the designs. Great care must

After cutting, each stick is dried After about ten years the bark falls in a vapor bath until it is soft and carefully in the sun, and then steamed

> 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 scul. Work for work's sake, then, and

it well may be That these things shall be added unto thee.

-Kenyon Cox

Even well-educated people are guilty of saying "lor" for law, and "see" for new, and thousands of grown-ups

Do You Murder English?

There are a few common errors

speak of "jography" and "gramma"

and "rithmetic," habits of speech

which ought at least to be left behind

How many people sing a "chune."

take the "opporchunity," play as an

"arachure," and admire "nachur" in

Many people have trouble with the

verb "to lie." They say, "She has

just led down," or "She was laying

down when I cailed." or "She was laid

down." They say also, "She was laid

there, fast asleep." All these are in-

"teach." They will say, "Hobbs learns

pronounced "arkitect." although it

should be, and many people speak of

going "to the pickchers" and, indeed,

When Moonlight Falls.

When moonlight falls on the water,

It is like fingers touching the chords

When moonlight strikes the water

And try to find words white enough

DURING HOT WEATHER

hot summer months are to small child-

Wisps of Wisdom.

Random Remarks.

Wooden legs do not run in families

the sixpences out of their "pooches."

I have saved some of them, and I

have given some of them away. Scots-

men are twitted about their thrift.

It is not, it is a gift.—Sir Harry

No Use.

Judge—"Yes, be quiet."

women. I'm guilty."

their growth.

"Your Honor, must I be tried by a

"Your honor, I can't even fool my

Some minds seem to be al-

ways growing, always suscept-

ible to new ideas. These minds

never seem to reach the limit

of expansion. No matter how

old these people may be in body,

their minds are always young,

responsive, fresh, vigorous, im-

pressionable. The habit of in-

quiry, of pushing out into new

fields, of learning new things,

constantly follows them to the

very last. There does not seem

to be any limit, any bounds to

knowledge.-Professor R. Strong.

to-morrow will use you.

doors.

pursuits.

Thomson.

Lauder.

voman jury?"

Princess Louise.

worry is waste.

KEEP CHILDREN WELL

-Hilda Conkling.

I cannot get it into my poem-

prised you are astonished."

of a barp

On a misty day

light.

Intertwined,

moon's rays

of going "offen."

stances of careless and incorrect

the spring.

Be free from pain. Thousands of sufferers have been relieved of Rheumatism, Neuralgia, Neuritis Sciatica, Lumbago and Gout by New Life Remedy.

Countless grateful testimonithose benefitted by "New

does not upset the digestion. One bettle for One Dollar;

Six bottles for Five Dollars.

Mailed direct to Customers. A common error is to say, "I mus of been mad!" and "Break a bit off of New Tife Memedy Company 78 West Adelaide St., Toronto

Honeymoon Island.

A romantic superstition has carned Even members of Parliament have for Norfalk Island, in the Pacific been heard to say that certain meas-Ocean, the nickmame of "Honeymoon ures would "affect a great saving," and Island." It is believed that if the first month of married life is spent It is said that a certain professor there the couple concerned will enjoy was caught by his wife kissing the long life, health, wealth, and happimaid. She said: "I am surprised!"

Without this legend it would be an ideal place for a honeymoon, for it has been called the most beautiful spot on

This earthly paradise started its career as a convict station! The history of those early days is a tale of horror. Ruins of the famous "silent

cells" are still to be seen. These cells, made of concrete, four only hear the tinkle of ripplings of feet thick, were just large enough to enable a man to stand up or lie down. When I see the water's fingers and the On the walls can be seen the prayers carved by convicts. Known as 'the tombs," the silent cells provided the I think of all the words I love to hear worst form of punishment, and those

confined in them rarely came out sane. Hardly a day passed without a murder taking place, and the convicts became werse than savages. Some even became cannibals. How many executions took place in the island will never be known. The convict settlement eventually abandoned and for a

year the island was deserted except for a caretaker. Every mother knows how fatal the Finally a shipload of settlers arrived Cholera infantum, diarrhoca, were the descendants of the mutineers dysentery and stomach troubles are of the "Bounty," a British warship.
They had intermarried with Tahitian

little life is lost after only a few hours women, who are famed for their illness. The mother who keeps Baby's beauty. Own Tablets in the house feels safe. The occasional use of the Tablets pre- island. Money is very scarce, five vents stomach and bowel troubles, or pounds being all that is handled in the leave an almost super-human courage tractive shapes of a wooden umbrella generally does—the Tablets will bring ever, are entirely self-supporting, and the baby safely through. They are have everything they need, as well as simply 'grew that way" will be sur sold by medicine dealers or by mail a number of luxuries. The island has hams' Medicine Co., Brockville, Ont. ed over by a governor sent out from

Growing Forests for Use.

Australia

How you use to-day determines how Under the heading of "Silviculture" Many a man thanks he is a shining are grouped all the operations connectlight when he is only a flash in the ed with the handling of timber on the Dominion forest reserves, looking to The man who really "delivers the the development of the same as a goods" doesn't have to knock at back growing crop and to its ultimate harvest. The object is not only to provide A man's worst troubles are those the surrounding communities with all that never happen. Remember that the fuel and timber possible for the next few years but also to get the Some men spend half a day looking forest into the highest state of producfor the shortest way to do a piece of tion, so that the largest possible supwork that could be done in an hour. | ply of good timber may be available Time is the one thing that can from each of these forests in perpennever be retrieved. One may lose uity. To this end efforts are directed and regain a friend; one may lose and toward the cutting of mature and overregain money; opportunity once spurn- mature timber, and especially to the ed may come again; but the hours that removing of all dead and diseased are lost in idleness can never be trees, that a new crop may spring up brought back to be used in profitable and grow as speedily as possible. The cutting is closely supervised to prevent waste in high stumps and large Minerd's Liniment Relieves Neuralgia tops left in the woods, and to see that all the slash from the cutting operations is piled and burned, so as to re move this form of fire-hazard.—Annual The instinct of curiosity is really at the base of a great deal of our Report, Director of Forestry, Ottawa.

His Hearing Restored.

but wooden heads do.-Dr. Bernard The invisible eardrum invented by Hollander, the famous mental special-A. O. Leonard, which is a miniature megaphone, fitting inside the ear en-To go to ex-prisoners for an impartirely out of sight, is restoring the tial criticism of prison administration hearing of hundreds of people in New is like applying to a mouse for an im-York city. Mr. Leonard invented this partial opinion of a cat.—Sir Basil drum to relieve himself of deafness and head noises, and it does this so In these days, when women are alsuccessfully that no one could tell he lowed to do everything and go everyis a deaf man. It is effective when where, they have considerable influ- deafness is caused by catarrh or by ence which should be used for good .nerforated or wholly destroyed natural drums. A request for information to If Englishmen have laughed at me, A. O. Leonard, Suite 437, 70 Fifth Ave. have made them pay for it. When New York city, will be given prompt they were laughing I was knocking

Envious.

Mrs. Brown was bathing her baby when a neighbor's little girl came into They are told it is a habit in Scotland. the room, carrying a doll. She watched the washing process

for some time, and then looked down at her doll, which was rather the worse for wear, as it lacked an arm and a leg. "Mrs. Brown." she said finally, "how

long have you had your baby?" "Seven months," said the proud own wife, let alone twelve strange mother.

The little girl stole another glance at her doll, and then looked at the "My, but you have kept it nice!" she

said, with an envious sigh. Minard's Liniment for sale everywhere Safest Way.

Silas (reading the ads)—By heck you can learn to raise bees by mai these days." Hiram-"That's the best way to raise 'em. Then you won't get stung.'

The only way to reform society is for each man to reform himself.

ISSUE No. 33-22.

Blind Motor Driver.

For a blind man to drive a motor car is a remarkable feat, but when the eightiese driver is also without arms the performance becomes even more

And yet this has been accomplished by Mr. Allen Nichole, of Harrogate, England, who has driven his car for thousands of miles without a mishab. A chauffeur sits beside him and by followingh is directions Mr. Nicholes can pull up to within an inch of the re-Mr. Nichols, who is in business as

fruiterer, carries on without any asals received during the past sistance. He can walk about Harrotwenty-five years from sate and Leeds by himself in an un canny manner, and he plays a good game of billiards. He can also play chess, using his nose to feel the pieces, Does not contain any harmful and dominoes. The dominoes are drugs. Pleasant to take and placed in front of him and read for him, and by a wonderful feat of memory he remembers the position of every one.

The Usual Thing.

Isabel, aged nine, had just been told the story of Daniel in the Mon's den. Then mother asked:

"And what do you think Daniel did the very first thing after he was saved from the lions?" Without much hesitation Isabel re-

plied: "Why, be must have tele-

phoned home to his wife to tell her te was all right."

MONEY ORDERS. When ordering goods by mail send Dominson Express Money Order.

A Witty Japanese. Two Irishmen had just laid a wreath of flowers on a comrade's grave, and while crossing another section of the

cometery they saw a Japanese lay some rice on the grave of a country-

One of the Irishmen asked: "When do you expect your friend to come and eat the rice?"

"When your friend comes to smell

the flowers," was the quick reply.

Minard's Liniment for Dandruff. Towels and table napkins, as well as silver, are "collected" as souvenire by visitors staying at our big hotels.

ed electrical apparatus. WHEN VISITING TORONTO Call at Our Store **140 Victoria Street**

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RECEIVING SET

Write for Booklet **BRINGS HAPPY EASE** Don't Endure Pain. Apply

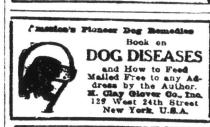


A GOOD THING. RUB IT IN



COARSE SALT LAND'SALT **Bulk Carlots** TORONTO BALT WORKS

& J. CLIFF . TORONTO



line pound a pound (est, Toronto. W ANTED, PERRORE OF MANTED ANTED ANTE WANTED, A PARM IN ONTH small lanitohs farm as a balance cash. Give full perting lowest price. Address, M. L. 419. London, Ont. Real Buta-gages and Agreements bought. WHELLY HEWSPAPER WANTED

WE HAVE A CASH PURCHABBA for a weekly newspaper in On-tario. Price must be attractive. Send full information to Wilson Publishing Co., Ltd., 78 Adelaide St. W., Toronto. BELTING FOR SALE

THREASHIRE BELTS AND SUG-TION hose, new and used, shipped subject to approval at lowest prices in Canada. York Belting Co., 115 Terk St., Toronto, Ont. Quite True.

Little Boy-"Mother, are there any men angels in heaven?" Mother-"Why, certainly, dear." "But, mother, I never saw any pictures of angels with whishers." "No, dear. Men only get in with a

Minard's Liniment for Burns, etc.

She-"He always was a bad egg, but nobody seemed to notice it while be was rich." He "Yea he was all right until he

Bad milk can be detected over the telephone by means of a newly design-



Of Your Hair Nothing like shampoos with Cuti-

cura Soap and hot water, preceded by touches of Cuticum Cintment to spets of dandruif and itching, to keep the scalp and hair healthy. They are ideal for all toilet uses, as is also Cuticura Talcum for perfurning. Soap 25c. Cintment 25 and 50c. Taleum 25c. Sold throughout the Deminion. Canadian Depot Lymans, Limited, 364 St. Paul St., W., Montreal. Cuticura Soap shaves without mus

FARMER'S WIFE **REGAINS HEALTH**

Gives Credit to Lydia E. Pinkham's Vegetable Compound

Fork River, Manitoba.-"I saw in the newspapers where Lydia E. Pinkham's Vegetable Compound was doing so much good to women, and as I needed something I began to take it. I used to be very sick but I am not now. I live on a farm in the homestead district and we have to do all our own work. I tell all the women see what Lydia E. Linkham's Vegetable Compound does for me. I think it saves me from going to a doctor and is the best medicine women can take."—Mrs. WM. Coultas, Fork

River, Manitoba.

Lydla E. Pinkham's Vegetable Compound is a medicine for the ailrared from medicinal plants, with are and accuracy. It can be taken by women of any age.
Women make a serious mistake in allowing themselves to become so weak and nervous that it is well-nigh

impossible for them to attend to their necessary household duties Such symptoms as pains and firegularities, all-gone teclings, backache, headache, hot flashes, nervousness with a general run-down condition, indicate some form of female trouble.

The Vegetable Compound has brought relief to thousands of weme suffering from such allments, Let ib

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

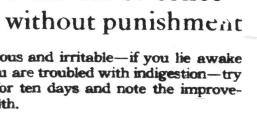
Colds Headache Toothache Earache

Rheumatism Neuralgia Neuritis Lumbago Pain, Pain

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 Monacetteneidester of Salicylicaeld. While it is well known that Aspirin means Bayes manufacture, to assist the public against imitations, the Tableto of Bayes Company will be stamped with their general trade mark, the "Bayer Cross."



most delightful, satisfying beverage, and the results of its use, instead of harmful table beverages, are a



TF you are nervous and irritable—if you lie awake At night—if you are troubled with indigestion—try Instant Postum for ten days and note the improvement in your health. You have nothing to lose and everything to gain.

The full, rich flavor of Instant Postum makes it a clearer head, sounder, more refreshing sleep, and a fuller, healthier enjoyment of life.

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At your grocer's in sealed, air-tight tins

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Canadian Postum Cereal Co., Ltd., Windson, Cottonia.